MARTHA STEWART

Living

Plus
THE KEY TO A CLEAN HOUSE

Magic in the Making

Joyful Ways to Elevate How You Live

SOURDOUGH WITH A PRO

MARTHA'S HOME REFRESH

SIMPLE SHEET-PAN SUPPERS

MARCH 2021
$4.99 USA (CAN $5.99)
MARTHASTEWART.COM

ADVERTISEMENT

Restorative
SKIN CARE

DRY AND DISTRESSED SKIN CALLS FOR SKIN CARE PRODUCTS YOU CAN TRUST. NEW AVEENO® RESTORATIVE SKIN THERAPY PRODUCTS, FORMULATED WITH PREBIOTIC OAT, ALOE, AND PRO-VITAMIN B5, ARE SPECIFICALLY DESIGNED TO BEGENTLE ON SENSITIVE SKIN.

DERMATOLOGIST-TESTED REGIMEN

Aveeno® Restorative Skin Therapy products are clinically proven to be well-tolerated and effective on distressed, dry skin.

CLINICALLY PROVEN RESULTS

Ninety-one percent of users who tested this three-step regimen saw an improvement in dry skin in just three weeks.*

SAFE FOR SENSITIVE SKIN

The products are formulated without fragrances, parabens, phthalates, and dyes, and are part of a clinically proven effective regimen on the distressed skin of adult oncology patients.*

DERMATOLOGIST RECOMMENDED
Aveeno
RESTORATIVE SKIN THERAPY
SENSITIVE, DISTRESSED, DRY SKIN
Itch Relief Balm
Pramoxine HCl external analgesic
prebiotic oat concentrate, aloe & pro-vit B5
instantly soothes itch & comforts dry skin
net wt. 4 oz (113g)
Oat Repairing Cream
prebiotic oat concentrate, aloe & pro-vit B5
helps restore the moisture barrier to improve skin resilience
30048165
net wt. 12 oz (340g)
Sulfate-Free Body Wash
oat, aloe & pro-vit B5
soothes & leaves skin feeling nourished all day long
30048167
18 fl oz (532mL)

Aveeno
HEALTHY. IT'S OUR NATURE.™

*Tested on sensitive, distressed, mild-to-moderate dry skin of adults undergoing systemic oncology treatment in combination with Aveeno® Restorative Skin Therapy Body Wash and Itch Relief Balm.

DRY, DISTRESSED SKIN THAT STRUGGLES?

YOU HAVE A POWERFUL PARTNER.

Our unique formula is clinically proven to intensely moisturize over time to improve skin's resilience.

Aveeno
HEALTHY. IT'S OUR NATURE.™

© J&JCI2021

Use product only as directed.

Martha's March

GENTLE REMINDERS, HELPFUL TIPS, AND IMPORTANT DATES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Start annual flower seeds for cutting garden	2 Cut pussy willows for arrangements	3 Repot succulents (see page 13)	4 Spring-clean equipment barn	5 Make potato gnocchi (see page 55)	6 Truman's 9th birthday
7 Celebrate Jude and Truman's birthdays	*Weight training* 8 Jude's 10th birthday	*Yoga* 9 Start vegetable seeds	10 Repot orchids after blooming	*Cardio and core* 11 Prune roses to remove any winterkill	*Weight training* 12 Prepare corned beef for St. Patrick's Day	13 Horseback ride
14 DAYLIGHT SAVING TIME BEGINS Morning hike with Jude and Truman	*Weight training* 15 Plant peas	*Yoga* 16 Make Irish soda bread for friend Kevin Sharkey	17 ST. PATRICK'S DAY	*Cardio and core* 18 Give dogs a bath	*Weight training* 19 Schedule pets' Lyme-disease and heartworm booster shots	20 FIRST DAY OF SPRING Bake sourdough croissants (see page 83)
21 Horseback ride	*Weight training* 22 Have cars cleaned, waxed, and serviced	*Yoga* 23 Polish copper pieces	24 Propagate Chinese money plants (see page 15)	*Cardio and core* 25 Remove storm windows, wash sashes, and replace screens	*Weight training* 26 Plant sweet peas	27 PASSOVER BEGINS AT SUNDOWN Brunch with Jude and Truman
28 Make salmon fricassee (see page 76)	*Weight training* 29 Hand-wash and store winter sweaters	*Yoga* 30 Remove burlap from the boxwoods	31 Take photos of early spring bulbs for the blog	*Cardio and core*	*Weight training*	

| SPRING CLEANING TIP |

TAKE A SHINE

"To keep my copper pieces gleaming, I spread a thin layer of nonabrasive Wright's Copper Cream over their entire surfaces with a damp sponge. Then I wash it off with dish soap and water, and dry them thoroughly with a soft towel." *—Martha*

PHOTOGRAPH BY JOSÉ PICAYO

Room For Days,

and nights, weekends, and dining out.

BR-21
Dining Out

BELGARD ROOMS
Natural Collection | Gray Tones

***Browse, pick and click** with the new **Belgard Rooms** portfolio.* Simply take our quiz or choose your own inspiration, then customize and share your ideal design. To start planning your home addition, visit **Belgard.com/rooms** and design your outdoor room today.

BELGARD®
PAVES THE WAY™

FOUNDER AND
CHIEF CREATIVE OFFICER
MARTHA STEWART

MARTHA STEWART
Living

EDITOR IN CHIEF ELIZABETH GRAVES
Editorial General Manager Meesha Diaz Haddad
Creative Director Abbey Kuster-Prokell **Executive Editor** Jennifer Tung

SVP, GROUP PUBLISHER DAREN MAZZUCCA
Associate Publisher, Marketing Sandra Salerno Roth

EDITORIAL
Copy Chief/Articles Editor Myles McDonnell
Features & Garden Editor Melissa Ozawa
Home Editor Lorna Aragon
Senior Editor Elyse Moody
Research Director Ann Sackrider
Associate Editor Claire Sullivan
Assistant Editor Erica Sloan

FOOD & ENTERTAINING
Editorial Director Sarah Carey
Deputy Editor Greg Lofts
Senior Editor Lauryn Tyrell
Assistant Editor Riley Wofford

DIGITAL
Content Director Jennifer Cress
Deputy Editor Gabriella Rello
Senior Food Editor Victoria Spencer
Editors Alexandra Churchill, Emily Goldman, Sarah Schreiber
Associate Food Editor Kelly Vaughan
Senior Social Media Manager Christina Park

ART
Art Director James Maikowski
Senior Designer Emma Warren
Design Production Manager Judy Glasser
Associate Designer Madeline Warshaw

STYLE
Director Tanya Graff
Editor at Large Naomi deMañana
Editorial Assistant Jaclyn DeNardi

PHOTO
Director Ryan Mesina
Editor Joanna T. García

CONTRIBUTORS
Melañio Gomez, Fritz Karch, Ryan McCallister, Hannah Milman, Jason Schreiber, Michelle Shih, Alexis Stewart, Silke Stoddard

ADVERTISING SALES
NEW YORK
Integrated Sales Directors Deborah Maresca, Susan Schwartzman, Taylor Theiss, Dina Treglia
Sales Assistant Nicole DeVita
MIDWEST
Integrated Sales Director Brad Moore
Sales Assistant Tom Russell
WEST COAST
Integrated Account Director Janet Yano
DETROIT
VP, Group Sales Director Wendy Rosinski
DIRECT MEDIA
Associate Business Development Manager Alexia Vicario
Executive Assistant Jill O'Toole

INTEGRATED MARKETING
Director, Marketing Allison Kelly
Creative Director Lisa Kim
Associate Marketing Director Mara Weiss
Marketing Manager Heather Molzon
Marketing Coordinator Danielle Scichilone

PRODUCTION, CIRCULATION & FINANCE
Production Director John Beard
Production Manager Julee Evans
Director of Quality Joseph Kohler
Color Quality Analyst Jill Hundahl
Prepress Desktop Specialist Don Atkinson
Consumer Marketing Manager Jennifer Watson
Senior Business Manager Renée Scott
Advertising Business Manager Zena Norbont
General Manager, Digital Angelique Jurgill

MEREDITH NATIONAL MEDIA GROUP
PRESIDENT Catherine Levene
President, Meredith Magazines Doug Olson
President, Consumer Products Tom Witschi
President, Meredith Digital Alysia Borsa
EXECUTIVE VICE PRESIDENTS
Chief Revenue Officer Michael Brownstein
Digital Sales Marla Newman
Finance Michael Riggs
Marketing & Integrated Communications Nancy Weber
SENIOR VICE PRESIDENTS
Consumer Revenue Andy Wilson
Corporate Sales Brian Kightlinger
Research Solutions Britta Cleveland
Strategic Sourcing, Newsstand, Production Chuck Howell
Foundry 360 Matt Petersen
Product & Technology Justin Law
VICE PRESIDENTS
Finance Chris Susil
Business Planning & Analysis Rob Silverstone
Consumer Marketing Steve Crowe
Brand Licensing Toye Cody and Sondra Newkirk
Corporate Communications Jill Davison

Vice President, Group Editorial Director Liz Vaccariello
Chief Digital Content Officer Amanda Dameron
Director, Editorial Operations & Finance Alexandra Brez

MARTHA STEWART BRAND MANAGEMENT MARQUEE BRANDS
Chief Executive Officer Neil Fiske
President Michael DeVirgilio
Chief Operating Officer Cory Baker
President, Home Division Carolyn D'Angelo
EVP, Executive Director of Design Kevin Sharkey
SVP, Marketing Stella Cicarone
SVP, Content Strategy Kimberly Miller-Olko
VP, Culinary Director Thomas Joseph

MEREDITH CORPORATION
Chairman & Chief Executive Officer Tom Harty
Chief Financial Officer Jason Frierott
Chief Development Officer John Zieser
Chief Strategy Officer Daphne Kwon
President, Meredith Local Media Group Patrick McCreery
Senior Vice President, Human Resources Dina Nathanson

Vice Chairman Mell Meredith Frazier

Please Recycle This Magazine
Remove Inserts or Samples Before Recycling

PRINTED IN
THE USA

SUBSCRIPTION HELP: Visit *marthastewart.com/myaccount;* email us at *mlvcustserv@cdsfulfillment.com;* or call 800-999-6518. **For editorial queries:** Please write to Letters Department, *Martha Stewart Living,* 225 Liberty Street, New York, NY 10281; or email: *ms.living@meredith.com*. Visit our **website** for more information: ***www.marthastewart.com.***
© 2021 Meredith Corporation. All rights reserved. Reproduction in whole or in part without permission is prohibited. All projects described in this publication are for private, noncommercial use only. No rights for commercial use or exploitation are given or implied. *Martha Stewart Living* is a trademark registered in the U.S. Patent and Trademark Office. For syndication requests or international licensing requests or reprint and reuse permission, email *syndication@meredith.com*.

Contents

76
SLOW & STEADY
Braising is a surefire way to create deep flavor and fall-off-the-fork tenderness. Simmer down with six delicious recipes.

82
SOURDOUGH SCHOOL
To master the baking technique that's sweeping the nation, Martha turned to an expert she adores: her niece Sophie. Join them for the tutorial.

90
WESTERN WONDER
A vibrant and resilient garden near Santa Fe, New Mexico, is as breathtaking as its desert surroundings.

70
Change Is Good
More time at home led Martha to make a few smart and stylish upgrades at Bedford.

JOHNNY MILLER (CROISSANTS); PIETER ESTERSOHN (MARTHA)

Contents

FROM MARTHA

Room to Grow
13 Our founder teaches how to repot and propagate plants.

GOOD THINGS

17 St. Patrick's Day fun, restoring beauty to old hardware, tasty smoothie combinations, and more.

GOOD LIVING

Decorating: Fine Pairings
25 To enliven a neutral room, our home editor throws in a bold color.

American Made: A Cut Above
28 A spectrum of mosaic-inspired tiles, crafted by hand in Minneapolis.

The Well-Kept Home: The Electric Slide
30 Expert advice on choosing—and using—a vacuum cleaner.

Tastemaker: The Color Decoder
36 The founder of an innovative and eco paint line shares her must-haves.

Beauty School: Get Hydrated
38 Soothing, head-to-toe solutions for dry winter skin.

Health & Wellness: Show the Love
42 For a strong heart, adopt these easy everyday habits.

Ask Martha
50 All your pressing questions answered.

EVERYDAY FOOD

Perfecting: Pillow Talk
55 We spill the secrets to ultra-fluffy potato gnocchi.

Easy Entertaining: Fresh Rituals
58 A no-fuss, prep-ahead Passover seder, plus our favorite Jewish cookbooks.

What's for Dinner? Sheet Music
62 One-pan meals that make it a snap to feed your crew.

Kitchen Wisdom: The Pod Squad
64 The full scoop on lentils, from different varieties to delicious ways to enjoy them.

Sweets: On the Dot
66 You'll develop a real soft spot for these jam-filled, coconut-coated cookies.

Departments

Martha's Calendar **2**
Editor's Letter **8**
Out & About **10**
The Workbook **96**
Recipe Index **97**
Remembering **104**

| ON THE COVERS |

Subscriber cover:
INSTANT ART
Martha refreshed her walls by hanging her collection of Wedgwood drabware (page 70). Photograph by Pieter Estersohn.

Newsstand cover:
OVEN ART
Sourdough boules baked by Martha and her niece Sophie Herbert Slater (page 82). Photograph by Johnny Miller. Food styling by Sarah Carey. Prop styling by Tanya Graff.

RYAN LIEBE (HARDWARE); COURTESY OF CLARE (PAINT); KATE SEARS (CAT); CHRIS SIMPSON (SHRIMP)

PURINA®

CARES HERE.

AND HERE.

EVERY INGREDIENT HAS A PURPOSE.
EVERY INGREDIENT FROM OUR TRUSTED SOURCES.

You care about the ingredients in your pet's food. And so do we.
Proven nutrition is at the heart of what we do. But it's not all we do.

See our commitment to ingredient integrity and responsible sourcing at

PURINA.COM/CARES.

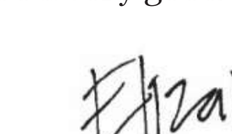
PURINA TRADEMARKS ARE OWNED BY SOCIÉTÉ DES PRODUITS NESTLÉ S.A.

PURINA® Your Pet, Our Passion.®

Like a Lion

TIME SPENT with my mom always renews me. During a recent visit (our first in a year), she held up a card she had just received in the mail that had a majestic marble lion on the front, and asked my 6-year-old son, "What's this?" He paused before blurting out, "The New York Public Library!" She nodded and then posed, "But *who* is it?" He was stumped. My mother explained that the two lions flanking the grand stairs of this breathtaking Beaux-Arts building actually have names: Patience and Fortitude. They were given their monikers during the Great Depression by the mayor of the city, Fiorello La Guardia, who believed these two qualities were essential to overcome challenging times. Fast-forward nearly 100 years, and as I write to you during the first week in January, I couldn't agree more.

But I also believe that brighter days lie ahead, and in that spirit, we offer this issue up like comfort food. It's brimming with ideas to enhance the way you live, hopefully in a fashion that is a joy to digest and leaves you feeling good, too. You can perfect your sourdough starter with Martha and her niece Sophie (page 82), and reimagine your own rooms as Martha did at Bedford. Plus, there are plenty of new recipes to try and things to learn. The first day of spring is also right around the corner, as is the start of daylight savings (oh, how I love this day!). So while the saying may go, "March comes in like a lion," I'm beginning to think that's a very good thing.



Elizabeth Graves, Editor in Chief

Let's keep in touch!
Email me at *elizabeth@marthastewart.com*
Follow me on @ebgraves

For all subscription inquiries, call 800-999-6518.

| *LIVING* IN MY LIFE |
Here, just a handful of our ideas that I'm excited about this month.

1
Kevin Sharkey and Martha gave her home a smart refresh to better suit her needs, rethinking rooms and diving into favorite fabrics. Page 70.

2
I love these stackable tackle boxes for organizing extra buttons—and so many other things. Behold their myriad uses. Page 21.

3
In Tastemaker, we feature the creative genius behind Clare paint, Nicole Gibbons. She makes choosing shades fun and easy. No small feat! Page 36.

4
We're embracing the powers of braising (page 76), and landing a simple, delicious dinner (above) on a single sheet pan (page 62).

5
My Tuesday bake nights are back, after a brief blur around what the actual day was. These cookies will be a bright spot in our week. Page 66.

PIETER ESTERSOHN (KEVIN & MARTHA); CHRIS SIMPSON (BOX, DINNER, COOKIES); COURTESY OF MANUFACTURER (SHIRT)

PORTRAIT BY PERRY HAGOPIAN

MADE RIGHT.
ON THE
FARM.™

•EST 1934•
HILLSHIRE FARM®

©2020 Tyson Foods, Inc.

Out & About

WHERE TO GO, WHAT TO SEE, AND HOW TO FIND MARCH'S BRIGHT SPOTS

| ON THE ROAD |

FIRST BLUSH

Nature's earliest bloomers burst onto the scene this month, heralding warmer days ahead. For a spectacular preview, visit **Cheekwood Estate & Gardens,** in Nashville. During *Cheekwood in Bloom* (March 6 to April 11; *cheekwood.org*), you can wander along 150,000 unfurling tulips, and unwind in weekend meditation classes. Here, more places to see spring's awakening.

KENNETT SQUARE, PA.

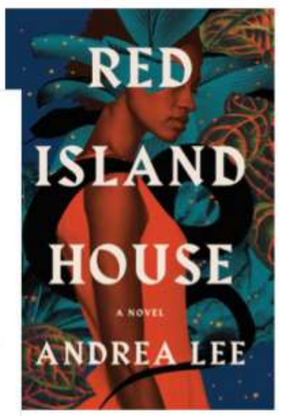
Like a rippling magic carpet, three million perennial bulbs, including bell-like blue squill and buttercup-yellow daffodils, flutter in the fields at Longwood Gardens. ***longwoodgardens.org***

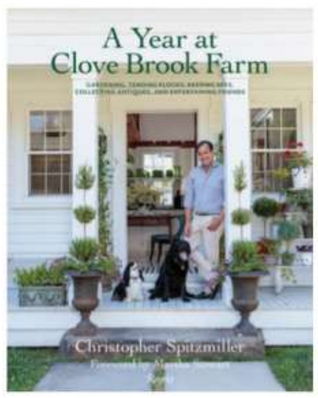
DALLAS

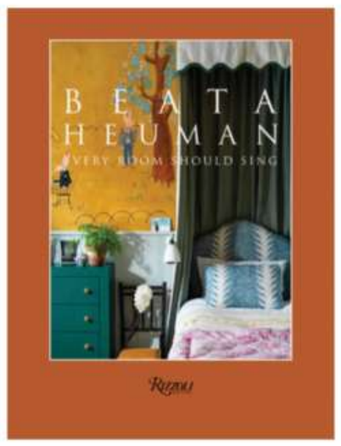
At Dallas Arboretum and Botanical Garden, you'll take in the hyacinths, pansies, and tulips at ground level, and the snowy blossoms of 150 Yoshino cherry trees, which pop in late March, overhead. ***dallasarboretum.org***

NEWPORT BEACH, CALIF.

Year-round mild temps at Sherman Library & Gardens make it a paradise for thousands of global specimens. This season's star: a fuchsia camellia espalier climbing up a main office wall. ***thesherman.org***







| ON OUR BOOKSHELF |

To *Modern Family* fans, Jesse Tyler Ferguson is the endearingly hotheaded Mitchell. But to *his* family, he's Jesse Stewart. ***Food Between Friends*** (Clarkson Potter) compiles dishes he and his chef BFF Julie Tanous love cooking together, like fried chicken brined in Crystal hot sauce. The novel ***Red Island House*** (Simon & Schuster) whisks you to the island of Madagascar. Andrea Lee spins interconnected stories set on the beach where an Italian businessman builds a gaudy vacation house; they're all centered around his new African-American professor wife's eye-opening adventures (like getting a curse on the place removed, for starters). Each chapter of ***A Year at Clove Brook Farm*** (Rizzoli), organized by season, shows how ceramist Christopher Spitzmiller gardens, raises fowl, decorates, and entertains (much like his friend Martha, who wrote the foreword) at his eclectic Greek Revival home in the Hudson Valley. Beginning with the cover image of her daughter's room, with its repro of the Madeline mural from NYC's Bemelmans Bar, ***Every Room Should Sing*** (Rizzoli), the first volume of London interior designer Beata Heuman's work, is filled with spaces that exude her whimsical, wholly original style.

| WHY NOT? |

Aim High

Spot hot-air balloons—or hop in one and float up, up, and away—at these fests.

Winthrop Balloon Roundup
Watch up to 25 local fliers drift by snow-capped peaks in tiny **Winthrop, Washington,** nestled in the North Cascades. ***March 5 to 7; winthropwashington.com***

—

Pahrump Balloon Festival
Learn to launch in **Pahrump, Nevada,** where pilots demo takeoff techniques to early-arriving passengers. Tethered rides hover 20 feet in the air; reserve one in advance at the Chamber of Commerce. ***March 25 to 28; visit pahrump.com***

—

Homestead-Miami Balloon Festival
Park at the **Homestead, Florida,** speedway at dusk to see dozens of anchored, lit-from-within orbs sway in the night sky. ***March 26 to 28; balloonglowtour.com***

COURTESY OF CHEEKWOOD ESTATE & GARDENS (FLOWERS); COURTESY OF BRAIN TRUST MARKETING (BALLOONS); COURTESY OF PUBLISHERS (BOOKS)

Note: Dates listed are as of press time.

BOSCH

Invented for life

Enjoy up to 40 glasses of filtered ice, daily.*

Always have plenty of ice on hand. Bosch's patented ice system removes over 99.9% of impurities, dispensing pure, freshly filtered ice—fast. In fact, it's the industry's fastest refrigerator ice maker.**

*Based on single ice maker production rates during a 24-hour period, measured per IEC standards, when the ice bin was removed. Results may vary depending on operating conditions. Based on filling 8 oz. glasses.

**Based on single ice maker production rates during a 24-hour period, measured per IEC standard and manufacturer user's manuals, for brands identified in US and Canada TraQline as freestanding French door bottom mount refrigerators.

© 2021 Bosch Home Appliances | www.bosch-home.com/us

© 2020 The Caldrea Company. All Rights Reserved.

HARDWORKING HOMEKEEPING
Mrs. MEYER'S CLEAN DAY
AROMATHERAPEUTIC HOUSEHOLD PRODUCTS
Creating clean and happy homes since 2001.
Tough on dirt and grime. Gentle on your home.
LEMON VERBENA has a light, REFRESHINGLY mild citrus scent. This tender herb blossoms in early summer, and smells bright THROUGH AND THROUGH. A favorite in the herb garden and in the home.
LEMON VERBENA SCENT
DISH SOAP
CUTS GREASE | BIODEGRADABLE
HARDWORKING HOMEKEEPING
Mrs. MEYER'S CLEAN DAY
AROMATHERAPEUTIC HOUSEHOLD PRODUCTS
Creating clean and happy homes since 2001.
Tough on dirt and grime. Gentle on your home.
LEMON VERBENA has a light, REFRESHINGLY mild citrus scent. This tender herb blossoms in early summer, and smells bright THROUGH AND THROUGH.
LEMON VERBENA SCENT
HAND SOAP
MADE WITH OLIVE OIL & ALOE VERA
HARDWORKING HOMEKEEPING
Mrs. MEYER'S CLEAN DAY
AROMATHERAPEUTIC HOUSEHOLD PRODUCTS
Creating clean and happy homes since 2001.
Tough on dirt and grime. Gentle on your home.
LEMON VERBENA has a light, REFRESHINGLY mild citrus scent. This tender herb blossoms in early summer, and smells bright THROUGH AND THROUGH. A favorite in the herb garden and in the home.
LEMON VERBENA SCENT
MULTI-SURFACE EVERYDAY CLEANER
REMOVES DIRT | FRESHENS SURFACES

WORK HARD. SMELL GOOD.

Stay down-to-earth. THAT'S OUR MOTTO.

- Garden-Inspired Scents
- Cruelty-Free Formula
- Made with Essential Oils & Other Thoughtful Ingredients

Shop now at MRSMEYERS.COM

From MARTHA

H AND INSPIRE

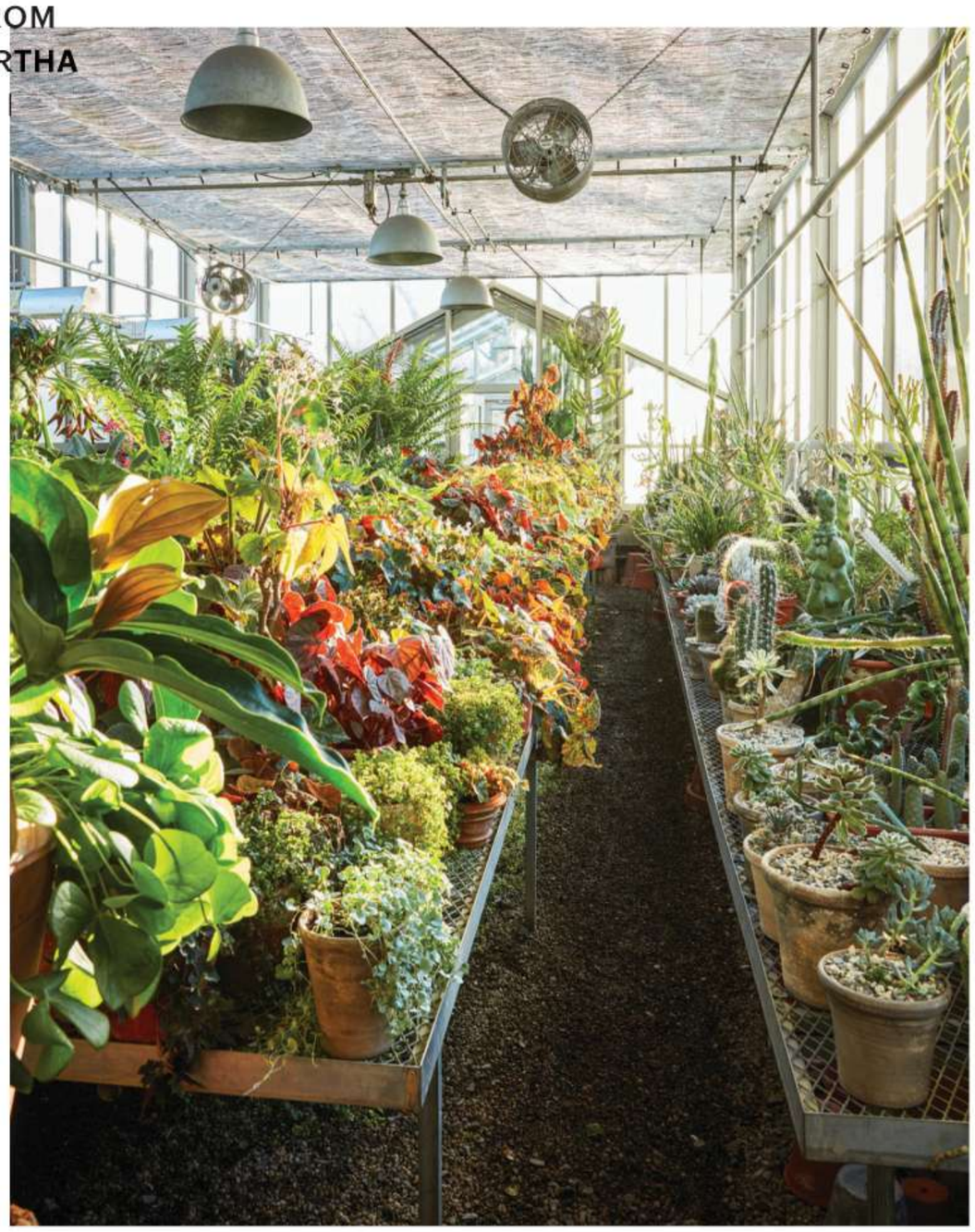
Propagating houseplants is a simple and inexpensive way to expand your collection. Here, Martha has created six new Chinese money plants from her original.

Room to Grow

Martha's Bedford greenhouses are a hive of activity all winter long. She spends hours in them, happily nurturing, repotting, and propagating her houseplants so they can spread their roots and flourish. Take a peek inside, and learn her techniques for keeping two varieties she loves on the up-and-up.

MAKEUP BY DAISY TOYE

PHOTOGRAPHS BY NGOC MINH NGO



A SUNNY SPOT
This glass haven at Bedford is alive with hundreds of colorful begonias, cacti, ferns, and orchids. It's attached to Martha's potting shed.

During the past year, as we've all been confined to our homes, nurturing houseplants has exploded in popularity, becoming a loved pastime for both adults and children. As a result, I've received a trove of questions from friends and colleagues about how to care for them.

I have five greenhouses at the farm that keep me gardening year-round. One brims with begonias, cacti, ferns, and succulents; one is for citrus trees. Another holds tropicals, like agaves, aloes, cycads, and bay and fig trees; clivia, amaryllis, narcissus, topiary, and flower seedlings occupy yet another. The fifth is where I grow vegetables, passion flowers, and oversize trees that we move outdoors in summer.

I try hard to practice healthy and orderly growing methods for all my plants. Admittedly, I devote extra attention to the ones I rotate in my home, and often think of them as art installations, exhibiting shining examples of a certain type. One week I might display and enjoy all the crazy cactus plants; the next, I'll bring in an array of ferns.

To keep everything looking its best, my two garden helpers, Ryan and Brian, and I spend a week every few months repotting and propagating various specimens when they outgrow their containers, or have produced plantlets that can be divided. I encourage you to adopt these methods; they're hands-on and a great way to share your love of plants with others. This type of gardening is fun, and so very, very rewarding.

1

2

3

4

Size Up a Succulent

Every year or two, Martha repots hers to refresh their soil and move the ones that have outgrown their containers into roomier vessels. Here, she demonstrates with a purplish echeveria.

1. REMOVE THE PLANT
Carefully extricate the succulent from its container. If it is root-bound (you'll know if you see more roots than soil), you may need to coax it out by sliding a knife around the edge. Once it is released, gently loosen the root ball with your hands. This helps stimulate new growth.

2. PICK A POT
Choose one that has a drainage hole and is slightly larger than the previous one. To prevent soil from leaking out, place a small pottery shard or stone at the bottom. Fill it partway with soil. For succulents, Martha makes a potting soil blended with sand, perlite, and vermiculite that drains well, so the roots won't rot, and mixes in a little granulated organic fertilizer.

3. REPLANT IT
Center the succulent in the new pot, and fill it with more soil. The plant's base and soil line should sit about a half-inch below the pot's rim. Tamp down the soil to prevent any air pockets that can harm root growth, and water thoroughly.

4. FINISH WITH MULCH
Cover the soil with a layer of pea gravel, which looks pretty and helps retain moisture. Place in a sunny window.

Multiply a Chinese Money Plant

Pilea peperomioides **is the gift that keeps on giving. This sought-after charmer is an unfussy variety that continuously produces offspring. Because it's so easy to grow, Martha loves to give pots as gifts to friends, and especially children. Follow her process to spread the wealth.**

1

Look for plantlets

A plant will produce little offshoots, or pups, that sprout from the soil. When they're two to three inches high and have several leaves, they're ready to be repotted.

2

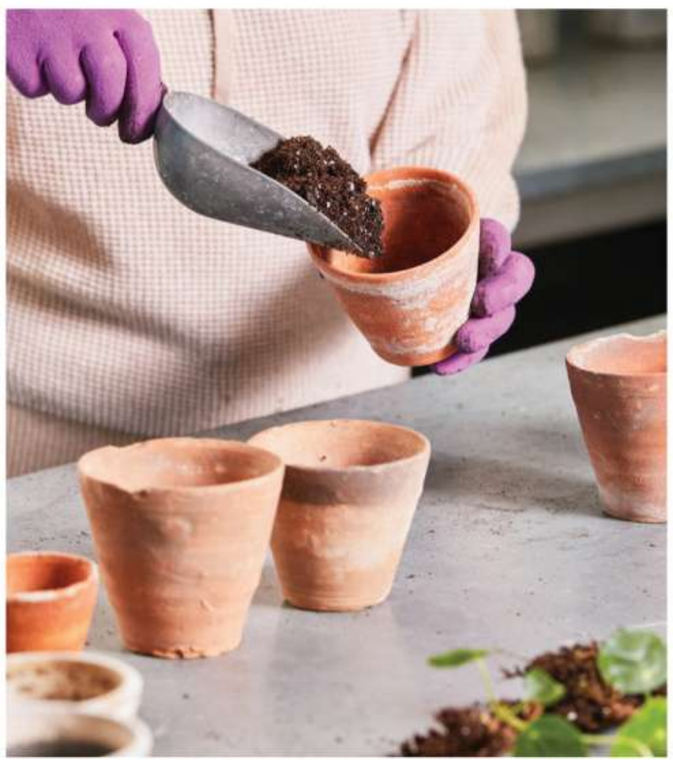
Make the cut

Carefully remove the entire plant from its container. Using a sharp, clean knife, gently slice around each plantlet.

3

Arrange for planting

Each pup should have at least an inch of roots attached. Repot the mother plant back into its original container.



4

Prep small clay pots

Place a pottery shard in the bottoms to cover the holes. Fill about two-thirds of each container with a well-draining potting soil mixed with granulated organic fertilizer. Repeat.

5

Insert plantlets

Nestle each pup into a container. Its depth should be the same as it was when growing on the mother plant. Fill with soil, and tamp it down lightly to remove air pockets.

6

Groom and hydrate

With clean, sharp clippers, snip away any damaged leaves. Water each pot thoroughly. Place them in a spot with bright indirect light, and let the soil dry out between waterings.

Hold for applause.

Kraft For the win win

© 2020 Kraft Foods

Good THINGS

FRESH IDEAS TO ELEVATE THE EVERYDAY

MORE COZY GO-TOS
Senior food editor Lauryn Tyrell stirs butter and tamari into soba noodles; food director Sarah Carey adds tahini, hot sauce, soy sauce, and sesame oil to brown rice; and for breakfast or a snack, assistant food editor Riley Wofford slathers toasted whole-wheat sourdough with butter, slicing it extra-thick so the insides stay soft.

| RECIPE REMIX |

Quick Comfort

Some days call for a meal that soothes as much as it satisfies. That's when this 20-minute mac-and-cheese cheat from *Living* deputy food editor Greg Lofts swoops in. He cooks pasta and broccoli in the same pot, then drains them and stirs together reserved pasta water, cream cheese, butter, and Parm for the sauce. One carbo-licious bite, and all your cares will melt away. See page 97 for the recipe.

TEXT BY LISA BUTTERWORTH

STYLING BY STEVE PEARCE

PHOTOGRAPH BY CON POULOS

| CELEBRATE |

Pots of Luck

You don't have to be rolling in clover to appreciate its natural beauty. Instead, welcome St. Patrick's Day with a centerpiece full of four-leaf potential. Tuck a few of the easy-to-care-for perennials, which are readily available at garden centers from spring through early fall, and an equally low-maintenance oxalis (aka purple-leaf shamrock, center), into terra-cotta pots. Both varieties will work their magic long past March—just add sunshine and water.

THE DETAILS: Mossed Redstone standard clay pots, *from $4 each for 4" by 3", jamali garden.com.* **Tory Burch Oiseau salad plate,** *in Green, $148 for 4, toryburch.com.* **Sferra Festival napkin,** *in Willow (similar to shown), $57 for 4, sferra.com.*

| SIP & REPEAT |

A CELTIC SPLASH

To skip the green beer but not the cheer, enjoy a drink on the (sham) rocks. Fill each mold of an ice-cube tray halfway with boiled, cooled water (this removes the dissolved gases and bubbles, so you get crystal-clear blocks) and top each with a clover. Freeze long enough to set the leaf—about two hours—then top with more boiled and cooled water, freeze overnight, and pop out. They're no Blarney Stone, but these festive rocks may still grant the gift of the gab—especially if they're chilling some Irish whiskey.

PAOLA + MURRAY (CLOVER & OXALIS); CHRIS SIMPSON (CLOVER ICE CUBES)

LET'S END PET OBESITY

Feed the love.
Lose the weight.

A Love Story

MILLIONS OF PETS HAVE LOST WEIGHT WITH HILL'S

Watch Moto's story at **EndPetObesity.com/Moto**

The Hill's logo, the Hill's Transforming Lives logo, and Hill's are trademarks owned by Hill's Pet Nutrition, Inc.

Hill's
Transforming Lives

| INSTANT UPGRADE |

This End Up

Binder clips can serve a whole new purpose when you flip them onto their flat side: In a pinch, you have an instant holder. Gold-toned ones are especially display-worthy; these are **Momenta the Explorer Journal binder clips** ($4 for 3, *dickblick.com*). It's a smart solution for propping up to-do lists and photos—not to mention hands-free recipe reading (no screen to refresh, either!). Test-drive the technique tonight with one of our What's for Dinner? cards (page 62), and cook with ease.

| RESCUE & REVAMP |

Shining Examples

There's no need to come unhinged at the sight of tarnished or painted-over knobs or door knockers. Just unscrew them—or scout out bargain pieces at a flea market—and step up to the plater. We sent these to Metal Man Restoration, in Mount Vernon, New York (*mmresto.com*), where each was stripped, bead-blasted (to give it a uniform surface), sanded, and polished to a mirror shine, then ultrasonically cleaned of compounds and oils, rinsed, etched, and covered with our choice of copper, nickel, brass, or chrome. Brand-new finish; same original, well-made design: Now that's a hardware home run.

RYAN LIEBE (HARDWARE); CHRIS SIMPSON (BINDER CLIPS, TACKLE BOXES)

| CLUTTER CONTROL |

Catch of the Day

You can tackle a lot more than lures with these sturdy boxes. The compartments that make them indispensable to fishermen will win over neatniks and collectors, too (especially the kind who thrill at sorting their stuff by color, shape, or job). Fill them with items you don't want to get mixed up, from jewelry, buttons, and beads to picture-hanging tools, paper clips and push pins, cake-icing tips, and the extra yarn that comes with sweaters—in other words, all those little essentials that get tangled up or lost in a drawer. And did we mention they're great for marbles and tiny Legos? Yes, we are hooked.

THE DETAILS: Plano ProLatch fixed-compartment stowaway box, *$9; and* **ProLatch 3500 stowaway tackle box,** *$5, dickssportinggoods.com.*

Choose Your Own Adventure

Refreshing, filling, and oh-so-sippable, a smoothie is the page-turner of breakfast foods. To blend something novel every day of the week, pick from each row in this chart by *Living* assistant food editor Riley Wofford and nutritionist Vicki Shanta Retelny, RDN. We guarantee you'll love the ending.

1 Produce

LEAFY GREENS

Grab some spinach or romaine: Both are full of fiber, vitamins, and minerals but have a subtler taste than other greens.

BERRIES

They burst with flavor and antioxidants—especially wild blueberries. We love frozen ones for the icy texture and ease.

BANANAS

Freeze browning ones with the peels on, then thaw slightly and peel to use. They thicken and sweeten any combo.

MELON

It's sweet and fiber-rich (but clashes with nuts). Try cantaloupe or honeydew with labneh or kefir, turmeric, and honey.

2 Dairy

COW'S MILK/YOGURT

Calcium and vitamin D—double check! Opt for fuller-fat varieties to feel satiated till lunchtime.

ALTERNATIVE MILKS

Pour your go-to, as long as it's unsweetened. Riley likes Oatly oat milk ($5, *target.com*).

KEFIR

This tangy, savory fermented-milk drink is packed with gut-health-supporting probiotics.

LABNEH

A great alternative thickener to bananas, it's a soft, tart, ultra-rich yogurt cheese.

3 Protein

NUT BUTTER

A tablespoon or two has all the nutritional benefits of whole nuts, but it's nice and smooth.

SKIN-ON NUTS

Pistachios, almonds, and hazelnuts contain healthy fats and protein that'll help keep you full.

PROTEIN POWDER

A scoop helps counteract fruits' natural sugars by stabilizing insulin levels. Retelny likes Vega brand (*myvega.com*).

SILKEN TOFU

A few spoonfuls can add calcium and boost creaminess—plus, it tastes so mild you won't notice the addition.

4 Extras

NATURAL SWEETENERS

Drizzle in raw honey or pure maple syrup; they have a lower glycemic index than refined sugar.

SEEDS

Add a tablespoon of chia, ground flax, or hemp. It's an undetectable way to sneak in loads of fiber.

SPICES

A hefty pinch of anti-inflammatory cinnamon or turmeric, or fresh ginger to taste, will provide a big dose of flavor.

COCOA POWDER

Antioxidants make the unsweetened kind good for you. Blend with a banana, peanut butter, and any milk (or tofu!).

ILLUSTRATIONS BY DÉBORA ISLAS

BRUSHING LEAVES BEHIND OVER A MILLION GERMS.

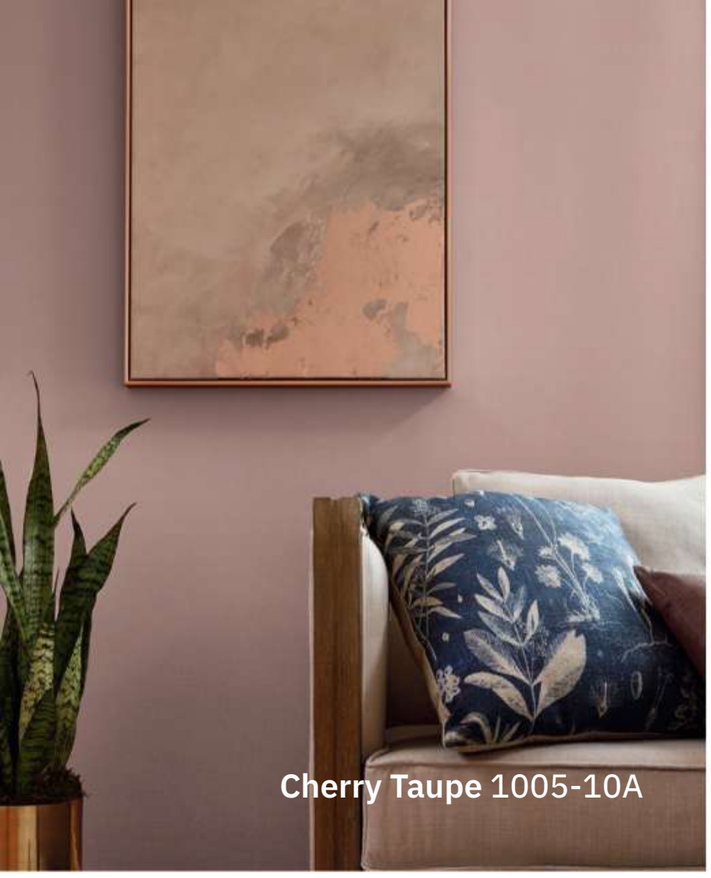
LISTERINE® KILLS 99% OF THEM*

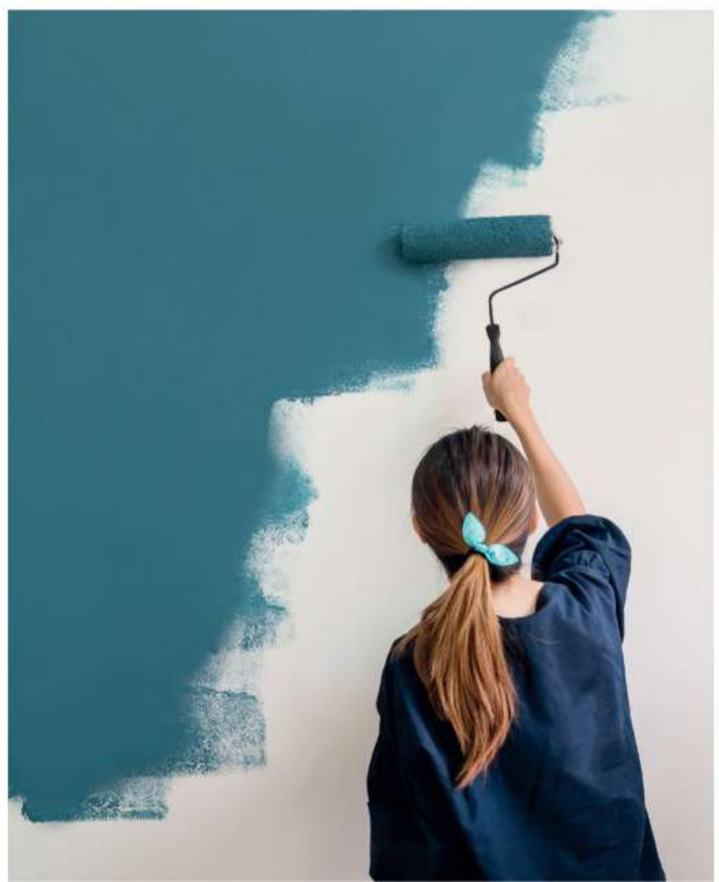
FINISH STRONG

KILLS 99.9% OF GERMS THAT CAUSE BAD BREATH, PLAQUE & GINGIVITIS
LISTERINE
COOL MINT
FOR A FRESHER & CLEANER MOUTH THAN BRUSHING ALONE
ADA

*Germs that cause bad breath and early gum disease. Use as directed.

©Johnson & Johnson Consumer Inc. 2021





IF IT'S PAINTABLE, IT'S POSSIBLE.

Whether you're accenting it, tri-toning it, or doing the unexpected, visit Valspar.com for the colors and tools to make your vision a reality.
You make it happen, we make it possible.

AVAILABLE AT LOWE'S

DEEP BLUES
A collection of navy, cobalt, and indigo pottery stands out against a wall painted in a light gray. To make any grouping look more interesting, Lorna suggests using an uneven number of items, with varying heights. To amplify the effect, she set three bowls on wooden corbels that she painted a slightly darker gray, to match the mantel.

THE DETAILS: Ming Yuen-Schat Tokurri striped vase *(similar to shown), $280; and* **Marumitsu Barbarie fluted plate,** *in Indigo, $35, rwguild.com.* **CB2 Nita soup bowl,** *in Blue (on center corbel), $10, cb2.com.* **Henry Street Studio solid vase, bowls** *(remaining), and* **platter,** *from $72 each, henrystreetstudio.com.* **Apotheke hand-dipped candle,** *$8 for 2, apothekeco.com.* **Ekena Millwork Jefferson wooden corbels,** *$13 each, wayfair.com.*

| DECORATING |

Fine Pairings

It's a high-impact trick designers pull off with ease: elevating a neutral room with accent pieces in punchy shades of a single color. Ready to find your plus-one? *Living* home editor Lorna Aragon shares three scenarios that send a clearly stylish (not busy) signal.

TEXT BY JESSICA CUMBERBATCH ANDERSON

PHOTOGRAPHS BY KATE SEARS

HEAT UP THE KITCHEN

Punctuate this room with a red fixture, cooking essentials, chic stools, or a stove that makes the statement.

Rejuvenation Butte cone brass pendant light, *18", $399, rejuvenation.com.*

Sambonet Terra Cotto cast-iron oval casserole, *5" by 4", in Paprika, $70, sambonet-shop.com.*

Viking 5 Series dual-fuel range, *48", in San Marzano Red, price upon request, vikingrange.com.*

Industry West Domino counter stool, *in Dark Red, $585, industrywest.com.*

Warm Reds

Treat it like a wall hanging, and a rust-toned rug delivers a wash of color without a stroke of paint. “This muted red is rich, yet easy to live with,” says Lorna. “And the rug makes a big statement, but it’s also versatile enough to take down and reuse elsewhere when you want a change.” The pattern’s a perk, too: It’s eye-catching, and its multiple hues can inspire other elements in a space. For a layered look, Lorna mixed in a bench, pillow, lamp, and basket in the same family.

THE DETAILS: Minna Agnes rug, *3' by 5', in Rust, $500, minna-goods.com.* **Blu Dot Puff Puff bench,** *in Tomato Velvet, $1,099, bludot.com.* **Stitched by Grace Dixie pillows,** *in Cloud (left) and Brick, from $38 each, coteriebrooklyn.com.* **Gubi Grashoppa floor lamp,** *in Andorra Red, $1,075, lightology.com.* **Crate & Barrel Anise basket,** *$28, crateandbarrel.com.*

COURTESY OF MANUFACTURERS (HEAT UP THE KITCHEN, BRIGHTEN YOUR BEDROOM)

Sunny Yellows

For a nice dose of vitamin D, add a graphic trim to neutral curtains. Lorna stitched a few yards of a modified Greek-key pattern onto the edges of a linen panel, then anchored the idea with a sleek armchair. On the mantel, glass and ceramic vases and artwork expand the theme, and forsythia branches bring nature inside.

THE DETAILS: 3HLinen Inc. linen rod-pocket curtain panel, *53" by 96", in Stone Grey, $63, 3hlinen.com.* **Schumacher Matrix tape,** *in Yellow, $47 a yd., decoratorsbest.com.* **IKEA Ekerö chair,** *in Skiftebo Yellow, $149, ikea.com.* **West Elm Archways velvet pillow,** *18" by 18", in Dark Horseradish, $45, westelm.com.* **EQ3 Boniface medium ceramic vase,** *in Yellow, $40, eq3.com.* **Hay Bottoms Up large vase,** *in Amber, $105, us.hay.com.* **Minted *Abstract Layers 1* print,** *in Classic Natural frame, 24" by 30", $298, minted.com.* **Benjamin Moore paint,** *in Classic Gray (walls) and Senora Gray (mantel), benjaminmoore.com.*

BRIGHTEN YOUR BEDROOM

Pair a daffodil bed frame with sunny sheets, then spill more light onto your nightstand.

Room & Board Architecture bed, *in Saffron, from $1,199 for twin, roomandboard.com.*

Garnet Hill Siesta printed organic-cotton percale sheets, *in Floral Straw Gold, from $36, garnethill.com.*

Panthella mini table lamp, *in Yellow, $495, finnishdesignshop.com.*

WIN $25K

To make your dream kitchen a reality, visit *marthastewart.com/25kKitchen* and enter to win $25,000. For details, see page 102.

MARTHA STEWART

American Made

Some of Austin's favorite configurations combine several colors. These beauties represent just a few of her 48 lead-free shades, which range from deep blue to sunny yellow.

THE DETAILS *(clockwise from far left):* **Small hexagons,** *in Amber;* **small and medium Moroccan fish scales,** *in Bluegrass;* **medium diamonds,** *in Blue Opal;* and **subway,** *2" by 6", in Grapefruit, from $53 a sq. ft., mercurymosaics.com.*

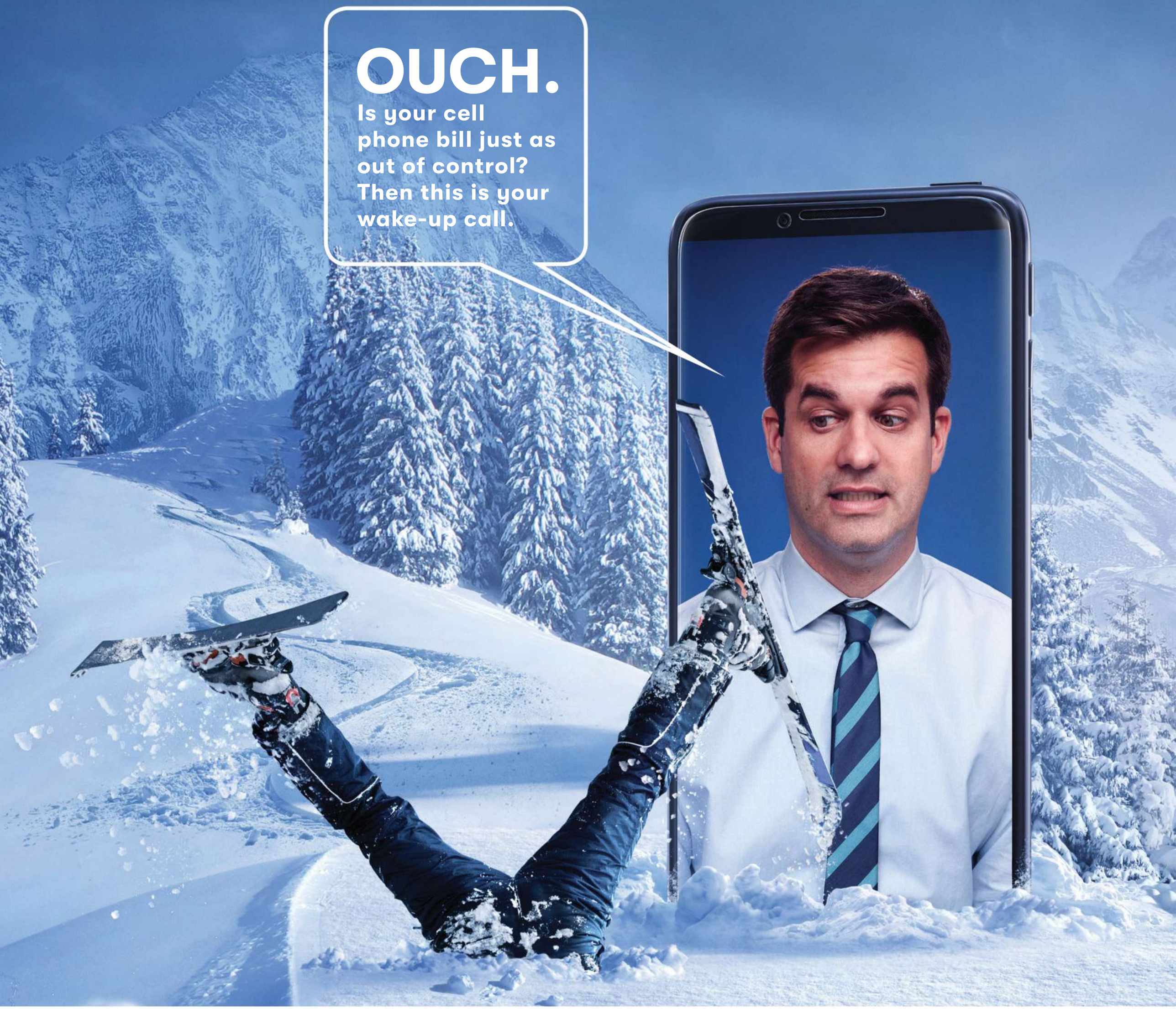
A Cut Above

MERCURY MOSAICS, *Minneapolis*

For Mercedes Austin, tiles are pieces of a dynamic puzzle. The lifelong creative ("I drew floor plans as a little kid," she says) first took to the medium while watching her college roommate embellish a table with broken bits of ceramic. "It was a bold, colorful project, and very tactile. It inspired me to take note of an art form I'd never considered," says Austin, who studied painting and photography. In 2002, she launched her line from her attic, creating bubble and square shapes; since then, it's grown to include classic subways and unexpected designs like hexagons, slender diamonds, and Moroccan fish scales. Today, a team of 35 artisans hand-cuts her forms with wet saws, fires them, and brushes on glazes, each mixed to enhance one of three kinds of clay. This made-to-order process is perfect for custom jobs of any size ("We're as willing to outfit two square feet as to work with the big dreamers," Austin explains) and finding solutions for tricky corners and wonky outlets. "We just figure out a way to be friends with them," she says with a laugh. —*Erica Sloan*

STYLING BY CARLA GONZALEZ-HART

PHOTOGRAPH BY CHRISTOPHER TESTANI



TRACFONE WIRELESS GIVES YOU COMPLETE CONTROL WITH UNLIMITED CARRYOVER® DATA.*

AMERICA'S LARGEST AND MOST DEPENDABLE NETWORKS

UNLIMITED
TALK & TEXT
+CARRYOVER DATA
$20/mo

Only Tracfone Wireless gives you **Unlimited Carryover® Data.** With us, you pay for just what you need and keep the data you don't use. Plans start at $20 a month. Learn more at tracfone.com

Tracfone®
NOW YOU'RE IN CONTROL

*Unused data will not expire if service is active and in use with the Unlimited Talk & Text Smartphone Plan. A month equals 30 days.

START YOUR ENGINE
Miele's Complete C3 is the latest iteration of an all-time favorite. The detached canister makes it easy to navigate, it has a retractable cord and all the attachments you need (but none you don't), and its suction is unparalleled. ***From $699, miele.com.***

| THE WELL-KEPT HOME |

The Electric Slide

Like a good dance partner, your vacuum should glide across the floor with you weightlessly, spin nimbly and manage corners, and leave you smiling when you part ways. Choose the right one and take care of it, and you'll cut a rug together for years to come.

TEXT BY TINA CHADHA

NO HOME APPLIANCE DESERVES more respect than the vacuum. Yes, the combed rows it leaves on the carpet are exhilarating, but it's also the secret to a healthier, clean-as-can-be place: "One of the biggest indoor culprits for allergies and asthma is dust mites," says Purvi Parikh, MD, an allergist with the Allergy & Asthma Network in New York City. The microbes settle into carpets, rugs, upholstery, pillows, and mattress folds, triggering reactions. Run your machine often, and your lungs, nose, eyes, and skin will thank you. These tips make the job more efficient and, dare we say, fun.

First, find a match.

"The secret to being a good housekeeper is a good vacuum," says Luis Quezada, director of housekeeping for Four Seasons Resort Los Cabos. Looking for love? Consider these factors.

SUCTION AND FILTRATION You want a motor with 1,000 or more watts to suck in dirt (and fur, for pets), and a fully sealed filtration system (such as HEPA) to trap it.

BAG OR NO BAG A reusable dust bin is more eco *and* economical, but can be messier to empty and clean, says George Tjoumakaris, product manager at Miele. Allergy and asthma sufferers: Opt for bags.

CORD OR NO CORD Battery-powered models can tackle light cleaning jobs faster—and head out to handle the car seats. (Just check for sufficient run time.) If you're pro-cord, check the length; they can be vexingly short.

STYLING BY LORNA ARAGON

PHOTOGRAPHS BY KATE SEARS

The first trash bag worthy of a smile.

Glad Beachside Breeze

fig. 1

The Happiest Trash Bag
With bright colors and scents, plus dual-layer strength, it's sure to put your trash in a better mood.

GLAD®

Be happy, it's Glad.™

Certain trademarks used under license from the Procter & Gamble Company or its affiliates.

TREAT IT RIGHT

A little TLC will keep the motor purring and extend its life.

EMPTY IT OFTEN Check the bag or cup before every use, and replace or dump it out when it's three-quarters full. "Full bags strain your motor and kill suction," says Melissa Homer, chief cleaning officer at MaidPro.

MAINTAIN FILTERS Clean washable ones monthly with warm water and dish soap; let dry fully before replacing. A disposable HEPA will last six months to a year; for extra mileage, blast it with compressed air (outdoors).

SHINE IT UP When the attachments and canister look dingy, spray on all-purpose cleaner and wipe them down; rub bristle brushes with a damp towel. If you've scuffed the shell by banging it around, rub the marks with a Mr. Clean Magic Eraser and all-purpose cleaner.

MIND THE BEATER BAR Watch for hair buildup (a biggie for pet owners). Remove a tightly wound coil by running scissors or a knife along the bar's length.

INSPECT THE CORD If you notice fraying or breakage, stop and take the unit to a repair shop. Reduce the risk of damage by always unplugging at the socket (never by pulling the cord).

TAKE IT ON TOUR

Attachments get your machine off the floor and onto baseboards, windowsills, fan blades, and these fuzzy spots.

LAMPSHADES & CURTAINS Fit the nozzle with the dust brush, "the softest, fluffiest one that comes with it," says Homer.

MATTRESSES Get into the grooves with the upholstery attachment—the triangular one with no bristles and a flat head. Foam pillows are fair game, too.

LINT FILTER & DRYER VENT Deep-clean the former with the dust brush, then use the crevice tool to get into (and degunk) its slot.

AIR-RETURN VENTS A swipe with the dust brush helps ensure that the warm or cool air blowing in doesn't bring extra grime with it.

PET BEDS Shake them outdoors, then disappear lingering fur and dander with the upholstery tool.

Raise Your Game…

With these expert tactics.

1 SLOW IT WAY DOWN

Research shows that vacuuming at a snail's pace agitates carpet fibers better. "Going at half your usual speed makes a vast difference," says James McCrea, senior mechanical engineer at Dyson.

2 SWAP PINSTRIPES FOR PLAID

After you do slightly overlapping rows in one direction, repeat using perpendicular strokes to lift every last speck.

| RAVE REVIEW |

My Roomba, Rita

"I never expected to fall for a robot vacuum. I actually adore this 'chore.' When I was little, my parents built and flipped houses; before showings, I loved sprinkling on cinnamon-scented carpet powder and making it disappear. But when I moved into my then-boyfriend's condo and found an unopened Roomba his mom had given him, I couldn't resist. Rita (as I named her on the iRobot app) left the place hotel-clean on her first spin. Stray rice on the kitchen floor, the cat litter that crunched underfoot in the bathroom—gone. I hadn't been robbed of a ritual; I had been given a gift. So when a new, more affordable, self-emptying model came out, I had to try it. As my now-fiancé says, referencing the Pixar movie, Rita I is Wall-E—a little clunky and loud, but devoted and hardworking—while Rita II zips around like Eve, gliding over our hardwood floors and rugs and into her charger. I'd be lost without them." *—senior editor Elyse Moody*

MAGIC WANDS

Every time we turn around, it seems there's a new cordless wonder touting longer battery power, better suction, and a lighter-weight, higher-tech design. Our staffers maneuvered more than a dozen over hill and dale, and found great options at every price point.

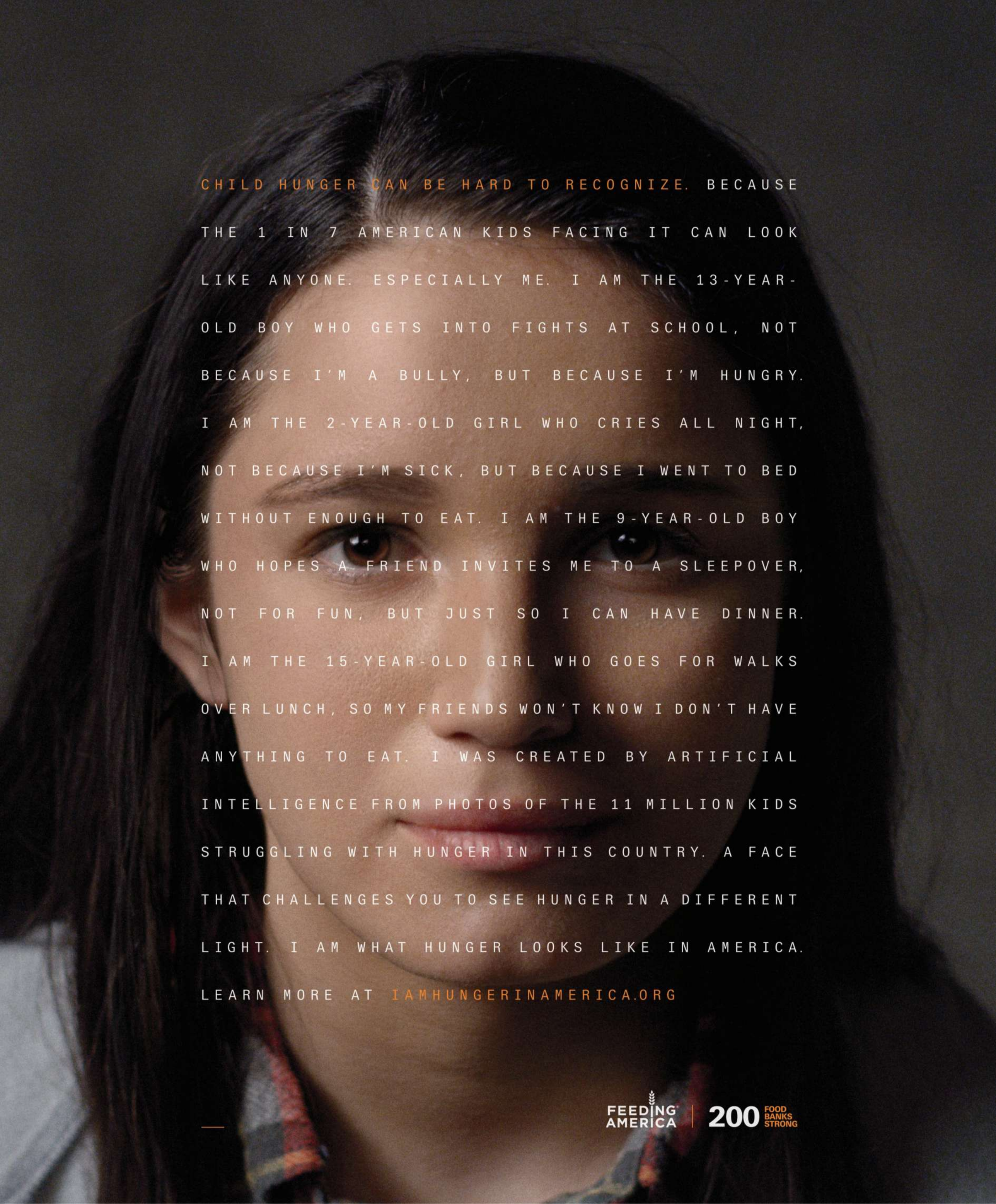
THE SEEKER
Tineco's Pure One X earned raves for its numerous "nifty attachments" and speck-spotting headlights (rare for a model its price).
$230, walmart.com.

THE EXCAVATOR
The "compact" **Roborock H6** lifted an "astounding amount of gunk" left by our tester's regular vac, and held onto its charge.
$450, walmart.com.

THE OVERACHIEVER
A "narrow" base, 60-minute charge, and three-mode design let the **Miele Triflex** "nab crumbs under cabinets," then tackle stairs.
From $499, miele.com.

THE VIRTUOSO
The "sleek, easy-to-empty" **Samsung Jet 90**'s design is as striking (and pleasing) as its performance, and the dock has room for an extra battery.
$649, samsung.com.

COURTESY OF MANUFACTURERS (VACUUMS)

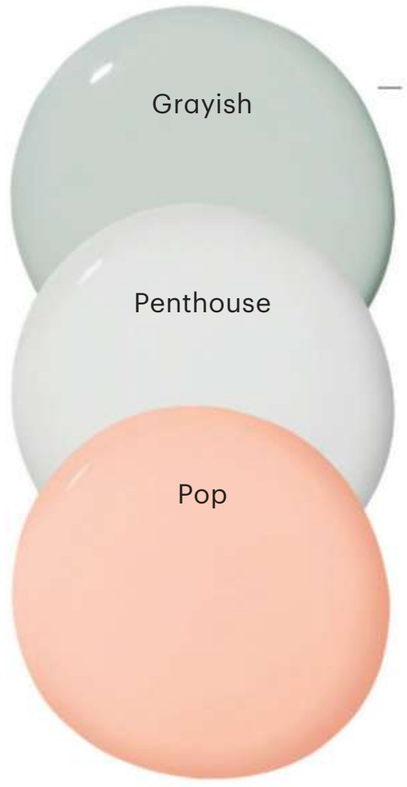

CHILD HUNGER CAN BE HARD TO RECOGNIZE. BECAUSE THE 1 IN 7 AMERICAN KIDS FACING IT CAN LOOK LIKE ANYONE. ESPECIALLY ME. I AM THE 13-YEAR-OLD BOY WHO GETS INTO FIGHTS AT SCHOOL, NOT BECAUSE I'M A BULLY, BUT BECAUSE I'M HUNGRY. I AM THE 2-YEAR-OLD GIRL WHO CRIES ALL NIGHT, NOT BECAUSE I'M SICK, BUT BECAUSE I WENT TO BED WITHOUT ENOUGH TO EAT. I AM THE 9-YEAR-OLD BOY WHO HOPES A FRIEND INVITES ME TO A SLEEPOVER, NOT FOR FUN, BUT JUST SO I CAN HAVE DINNER. I AM THE 15-YEAR-OLD GIRL WHO GOES FOR WALKS OVER LUNCH, SO MY FRIENDS WON'T KNOW I DON'T HAVE ANYTHING TO EAT. I WAS CREATED BY ARTIFICIAL INTELLIGENCE FROM PHOTOS OF THE 11 MILLION KIDS STRUGGLING WITH HUNGER IN THIS COUNTRY. A FACE THAT CHALLENGES YOU TO SEE HUNGER IN A DIFFERENT LIGHT. I AM WHAT HUNGER LOOKS LIKE IN AMERICA.
LEARN MORE AT IAMHUNGERINAMERICA.ORG
FEEDING AMERICA
200 FOOD BANKS STRONG

TASTEMAKER

The Color Decoder

Nicole Gibbons
Founder & CEO, Clare
New York City

When Nicole Gibbons launched her eco-friendly, direct-to-consumer paint line Clare in 2018, her goal was to seriously shake things up. "I wanted to make the process fun and delightful," says the interior designer and former fashion publicist, whose shade names quickly set the tone: Prince is a deep, velvety purple honoring the pop deity; Rosé Season is a warm, luminous pink; and Vacay captures the Caribbean at dusk. Clare.com is also a breeze to use: It presents 58 well-curated zero-VOC hues ("You don't need three thousand options, just the best ones," she says); a Color Genius feature that makes recommendations after asking you all the right questions (How much natural light does your room have? Which three words best describe the vibe you're going for?); removable peel-and-stick samples you can order; and every tool you need for the job. The only thing customers should supply is a dash of courage. "Don't be afraid of color—it's the best way to make a dramatic impact," says Gibbons, whose wardrobe mingles vivid solids with classic shirts and jeans. "Step outside of your comfort zone. Generally people are much happier when they do." —*Melissa Ozawa*



1 —

PRO PRIMER
"The number-one thing to understand before painting is the light in your space and the direction it's coming from. Always sample, and look at swatches at different times of the day."

2 —

6 —

7 —

WIN THIS

For a chance to win this pair of shoes, go to *win.marthastewart.com* on February 19. For details, see page 102.

10 —

11 —

12

15 —

KIRSTEN FRANCIS (PORTRAIT); DAVIES AND STARR/GETTY IMAGES (PEONY); COURTESY OF MANUFACTURERS (OTHERS)

"I joke that I haven't been wearing a lot of 'hard pants' these days. But when I do, it's a pair of jeans."

DECORATING DICTUM
"Mixing is much more interesting than matching. Whether it's metals (who says you can't pair brass with nickel?), colors (try complementary—aka opposite—shades on the color wheel), or patterns (play with different sizes), just go for it!"

Her Essentials

1 | Clare paint, in Grayish, Penthouse, and Pop
"Grayish is a soft, saturated gray with a hint of green. Penthouse, a warm, airy greige, is our best-selling neutral. And Pop gives me Palm Beach vibes."
$54 a gallon, clare.com.

2 | Gap Icon denim jacket
"This is part of my uniform: It's long and kind of big, and looks cool."
$70, gap.com.

3 & 4 | Stumptown Founder's Blend and Chemex Classic
"The flavor is smooth, with a hint of vanilla. I love the ritual of making pour-over coffee each morning."
$15 for 12 oz., target.com; from $39, chemexcoffeemaker.com.

5 | Essie nail polish, in At the Helm
"It's bright, but muted enough that I can wear it year-round."
$9, essie.com.

6 | Sunday Forever Fig and Wishes candle
"One of my favorite scents. It smells warm and aromatic."
$48, sundayforever.com.

7 | Grayson Hero washed-cotton shirt, in French Blue
"I love a good buttoned shirt, and this one is so comfortable. I have it in white, too."
$138, grayson.com.

8 | Paula's Choice Skin Perfecting 2% BHA liquid exfoliant
"My skin has started clearing up since I began using this."
$30 for 4 oz., paulaschoice.com.

9 | St. Frank baby-alpaca throw, in Soft Pink
"It's luxe and soft, and the perfect shade."
$225, stfrank.com.

10 | West Elm textured-cotton napkins, in Bluebird
"I only use cloth napkins. These look great with my dishes."
$20 for 4, westelm.com.

11 | Rothy's The Point flats, in Flame
"They add a fun burst of color to jeans and a white tee or a black outfit."
$145, rothys.com.

12 | Pura D'Or organic tamanu oil
"I have super-dry skin and hyperpigmentation. This is rich and emollient, and I feel it helps with both."
$15 for 4 oz., purador.com.

13 | Levi's 711 skinny women's jeans, in Soft Black
"If I find a pair I like, I buy multiple. I have these in four colors."
$70, levi.com.

14 | Material trio of knives and stand
"These are the best ones I've used, and they look beautiful on my counter."
Knives, $155; and stand, $75, material kitchen.com.

15 | Aaron Probyn Hue dinner plates, in White
"These will never go out of style. I love their low profile when stacked."
$6 each, crateandbarrel.com.

16 | Peonies
"I fill a vase with these in spring, and go for dahlias in fall."

17 | Blueland Multi-Surface starter set
"I use this eco-friendly cleaner for everything. I also like that it helps minimize plastic waste."
$16, blueland.com.

18 | Maybelline Define-A-Lash mascara
"A swipe makes my eyes look bigger and brighter."
$9, ulta.com.

| BEAUTY SCHOOL |

Get Hydrated

Months of low humidity and heat blasting in your home have likely left your hair and skin in need of a tall drink of moisture. Learn how to outsmart the sly wintertime culprits that make you feel parched from head to toe, and then send yourself on a balmy full-body retreat.

TEXT BY CLAIRE SULLIVAN

BYE-BYE, DRY

Tweak a few habits to ensure dewier days ahead.

Wield Warm Water

Long, steamy showers may feel soothing when it's cold outside, but they strip the body of moisture, says New York dermatologist Marina Peredo. The same goes for often-sanitized hands: Wash them with tepid water to avoid drawing out your natural oils.

Turn Down the Temp

Artificial heat is arid heat, so don't crank it. Set your thermostat to 74 degrees max, suggests Peredo, and wear comfy layers (silk thermals, fleecy joggers) instead. Another easy fix: Power on a humidifier, says Beverly Hills, California, dermatologist Ava Shamban. Run it at night and it can replenish your skin (as well as dry eyes and sinuses) while you sleep.

Make Up for Meds

"Some blood-pressure medications, antihistamines, and topical or oral retinols can cause skin to become drier than usual," says Peredo, who suggests switching from lotions to richer face and body creams in winter. The same goes for acne treatments, says NYC dermatologist Joyce Davis. Use them sparingly on spots, rather than applying them all over.

JESSE LIZOTTE/TRUNK ARCHIVE

GET FASTER SYMPTOM RELIEF

THAN THE LEADING PRESCRIPTION DRY EYE DROP†

FAST HYDRATION

EVAPORATION PROTECTION

LONG-LASTING RELIEF

Venus Williams
Tennis champion & dry eye sufferer

From the #1 Doctor Recommended brand, **SYSTANE® COMPLETE** relieves symptoms of all major types of dry eye. With advanced nano-droplet technology, this soothing eye drop provides outstanding coverage.

The Relief is Real®

†The leading prescription eye drop for dry eye is indicated to increase tear production and not dry eye symptom relief.

*vs SYSTANE® BALANCE Lubricant Eye Drops

© 2020 Alcon Inc. 08/20 US-SYC-VLC-2000019

Alcon

MANUFACTURER COUPON | **EXPIRATION DATE 6/30/2021**

$3 Off Any ONE (1) SYSTANE® Lubricant Eye Drops (8mL or Larger)

030065-106769

Coupon void if altered, copied, sold, purchased, transferred, exchanged or where prohibited by law. **CONSUMER**: Limit one coupon per specified item(s) purchased. This coupon good only on product sizes and varieties indicated. **RETAILER**: ALCON VISION, LLC will reimburse you face value plus 8¢, if submitted in compliance with ALCON VISION, LLC Coupon Redemption Policy dated 12/15/11, available upon request. Consumer must pay sales tax. Good only in USA. Send coupons to ALCON CONSUMER DIVISION, CMS DEPARTMENT #30065, #1 FAWCETT DRIVE, DEL RIO, TEXAS 78840. Cash value 1/20 cent.

1. Hair & Scalp

If you find your head feels itchy when you're using the same shampoo that works great in summer, swap it for a creamy wash, and lather up no more than two to three times a week. Also steer clear of heat stylers, and pay attention to how your strands feel: If they're straw-like or quick to tangle, apply an oil every other day. **Moroccan Oil All in One leave-in conditioner** can be spritzed onto towel-dried hair or pumped onto your hands and worked into dry ends; it softens with sunflower-seed oil and amino acids (from $13, *moroccanoil.com*).

3. Hands

Sanitizing gels are saviors in our new reality, until they make our skin feel reptilian: That's because they have to be at least 60 percent alcohol to work effectively. The best solution is to wash your hands thoroughly and frequently instead, says Peredo, but if you're on the go, stow a hydrating option in your purse, like **Dove Nourishing hand sanitizer** ($3, *walgreens.com*). Once it dries, follow with a fragrance-free, occlusive salve (look for glycerin on the label). Davis likes **Neutrogena Norwegian Formula hand cream** ($6, *walgreens.com*).

2. Lips

Your mask shields them from the elements, but they can still shrivel like raisins in low humidity overnight. To prevent chapping, dab on a balm after brushing your teeth and eating, and before bed. Avoid flavored formulas—cinnamon, citrus, and mint are among the most irritating. Shamban suggests **Avène Cold Cream Nourishing lip balm,** which is packed with emollient beeswax and plant-based squalene ($14, *aveneusa.com*). If your lips flake and peel, don't pull! Gently exfoliate them with a mixture of sugar and few drops of coconut oil.

4. Knees & Elbows

These joints are weight-bearing (picture yourself planting bulbs, or leaning into a video call), so they naturally have thicker skin, says Shamban. Avoid ashy, elephant-esque patches with a physical exfoliant, which removes dead cells so you can moisturize the new ones beneath. Peredo suggests using one with soothing, as opposed to stripping, properties—**Kiehl's Gently Exfoliating Grapefruit body scrub** calms with chamomile and aloe vera to leave skin supple, not scratched up ($36, *kiehls.com*).

6. Feet

When calluses and cracks break your spirit, exfoliation and hydration are your healing super-couple. Shamban recommends using **Isdin Uradin Podos hydrating gel oil,** which contains both sloughing and moisturizing lactic acid ($33, *isdin.com/us*). Or follow Peredo's advice, and rub your heels and other rough spots with a pumice stone in the shower weekly; coat them with a thick balm, like **Burt's Bees Coconut Foot Creme;** and—it's an oldie but a goodie—sleep in socks ($11, *walgreens.com*).

SINCE KIEHL'S 1851
Gently Exfoliating Body Scrub
"GRAPEFRUIT"
with Aloe Vera & Chamomile
This rich and indulgent body scrub gently yet effectively exfoliates to remove dead surface skin cells without over-drying. Formulated with apricot seed exfoliation particles and skin-enriching emollients that help smooth skin, our unique "body-scrubber" leaves skin silky soft, velvety smooth, and primed for moisturization.
8.4 fl. oz. - 250 ml

5. Legs

A razor sweeps away stubble—and your skin's natural oils, explains Shamban. Use shaving cream, which provides a protective buffer, and save this step for the end of your shower, so you can apply moisturizer stat (it penetrates more deeply into still-damp skin). Davis suggests **EltaMD Moisture-Rich Body Crème;** it quenches with mango-seed butter and ceramides (from $9, *dermstore.com*). At the drugstore, consider **Aveeno Restorative Skin Therapy Oat Repairing cream** (from $6, *walgreens.com*). But why stop there? Smooth it on all over, while you're at it.

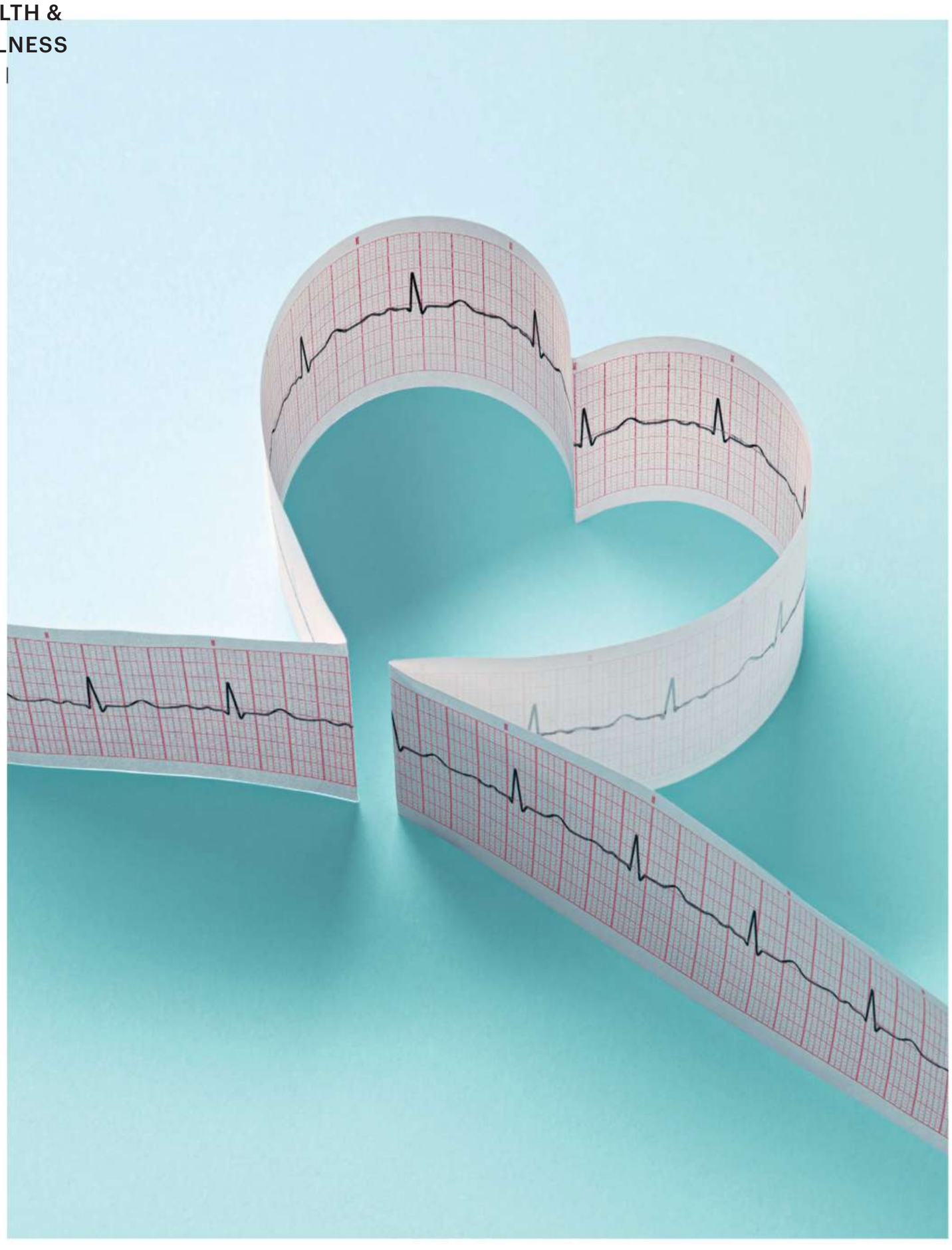
YASU + JUNKO (OIL); PETER ARDITO (OTHERS)

When *everything* is going to the dogs

MARTHA STEWART CBD

FIND YOUR *Inner* MARTHA

Use discount code "MARTHACBD" at MarthaStewartCBD.com for 20% off your Martha Stewart CBD purchase. Restrictions may apply.



Show the Love

Your heart works nonstop to keep your blood pumping, your organs fueled with oxygen, and your energy up. To keep it strong and healthy, make these smart and simple decisions throughout your day. The best news: It's a lot easier to help protect your ticker than you think.

TEXT BY NAOMI BARR

GIVEN THAT heart disease is the number-one cause of death of adults in the U.S., it's surprising, even alarming, how little people know about it. The condition kills more women each year than all cancers, including breast cancer, combined—a fact 68 percent of Americans don't know, according to a recent Cleveland Clinic survey. About one in 16 White, Black, and Hispanic women over age 20 has it. We're also fuzzy on preventing it: In the same survey, only 20 percent of respondents thought you should start getting your cholesterol tested in your 20s (true), while 58 percent said that popping an aspirin every day can help protect you (false).

There are things you can do to fend it off, though, and they don't involve a pill. Most incidences of cardiovascular disease—which shows up as coronary artery disease (aka CAD, the most common form), a heart attack, or heart failure—can be prevented by making healthy choices like eating better and exercising. Consider the nearly 89,000 women researchers followed for 20 years for a 2015 study published in *Journal of the American College of Cardiology:* 73 percent of the cases that cropped up among them might have been avoided, it found, had the subjects taken steps to keep their blood pressure, cholesterol, and weight in check, among other factors. We now know that these actions matter even more around menopause, when dipping estrogen levels may make women extra-vulnerable. This round-the-clock routine shows how easy it is to achieve those goals on a daily basis.

7 A.M. RISE AND . . . BREATHE

It may sound redundant to close your eyes and meditate the minute you wake up, but stay with us. The

STYLING BY FIDEL CASTAÑEDA

PHOTOGRAPH BY MAURICIO ALEJO

Depend® Silhouette®

THE ONLY ONE WITH OUR

SHAPEWEAR FABRIC FOR COMFORT & PROTECTION, GUARANTEED†

LEADING VALUE BRAND

Silhouette®

Stay up to 100% leak-free
in our softest,
smoothest underwear.

Get a sample at Depend.com

Depend®

THE ONLY THING **STRONGER** THAN US, IS **YOU**.™

†Purchase by 3/31/22. Redeem within 30 days of purchase. See Depend.com/Guarantee for details.

®/™ Trademarks of Kimberly-Clark Worldwide, Inc. or its affiliates. © KCWW

logic is twofold: For one, the American Heart Association endorses practices like meditation and mindfulness, because research consistently affirms that they can help us manage our blood pressure, cholesterol, and stress. And two, you're most likely to commit when you do it first thing in the morning, per the popular app Headspace. Ten to 20 minutes is optimal, but sessions of even five can have a striking effect: Recent research shows that meditating can improve heart-rate variability (a sign of a healthy ticker), and a small 2013 study published in the *International Journal of Psychophysiology* revealed that people who logged that amount daily gave theirs a boost.

7:30 A.M. BREAK A SWEAT

Do something that gets you breathing harder and your blood pumping faster. The American Heart Association defines this as moderate exercise, and advises getting 150 minutes of it a week. If you're in a rush, don't worry: "You can do a half hour now, or some 10- or 15-minute bouts later in the day—it doesn't matter," says Michele Olson, PhD, senior clinical professor of sports science and physical education at Huntingdon College, in Montgomery, Alabama. "It can be getting on your elliptical, walking the dog, or climbing stairs in your house while doing chores." Or, to kick-start your morning, try this four-minute circuit from New York City wellness expert Robert Brace: 20 seconds each of running in place, jumping jacks, air punches, and squats. Push yourself to go as fast as you can, resting between exercises; repeat twice. "The quick bursts of high intensity followed by short bursts of rest can help raise your metabolism, burn fat, and build muscle in a fraction of the time," he says. At least twice a week, add strength or resistance training, advises cardiologist Lena Mathews, MD, an assistant professor of medicine at the Johns Hopkins University School of Medicine, in Baltimore. A 2019 study out of Iowa State University that tracked more than 12,500 adults observed that those who lifted free weights or hit the bench press regularly cut their heart-disease risk by 40 to 70 percent. Using your own body weight by doing push-ups, squats, and Pilates counts, too.

8 A.M. GET YOUR OATS

Oatmeal truly is the champion of breakfasts. The grain brims with soluble fiber, which helps subdue harmful LDL cholesterol and keep your arteries clear; the steel-cut kind has a lower glycemic index than instant or rolled, so it's best for your blood sugar. If you don't have time to stir over the stove, start the night before. Combine half a cup each of steel-cut oats and almond milk and a teaspoon of nut butter in a jar; add a drop or two of Stevia (glycemic index: zero) and chia seeds (for fiber); and chill in the fridge till morning, suggests registered dietitian Vanessa Rissetto, acting director of the dietetic internship program at New York University. When you're ready to dig in, top it with antioxidant-rich, artery-protecting blueberries, strawberries, or apple slices.

8:30 A.M. CLEAN YOUR TEETH

Brushing and flossing not only prevent cavities, they clear away the bad bacteria that can cause gum disease. We've known for a while that if you have that, you're two to three times more likely to develop CAD. But new findings published in *Journal of Dental Research* may pinpoint why. Gum disease appears to trigger an overproduction of infection-fighting white blood cells called neutrophils; while that's beneficial at first, they go on to release inflammation-causing cytokines in your body that can irritate blood vessels and cause arterial plaque to form. This, in turn, can set the stage for a heart attack or stroke. Got your brush out? Good. Now keep it going for the two full minutes recommended by the American Dental Association; shorter brushing times have also been linked to blood-vessel damage, an early indicator of CAD. Moving along to flossing: Some studies say it's okay to skip, but any dentist will tell you it's non-negotiable. To make it a snap, try a water flosser. There's no winding the thread around your fingers and maneuvering inside your mouth, it's fast, and it's "phenomenal for gum health," says Richmond, Virginia–based practitioner Graham Forbes. He suggests buying one with a pressure of at least 70 PSI to do the job right. Also, it's fine to floss just once a day—either in the morning or before bed.

10:30 A.M. REFILL YOUR COFFEE

And keep it coming, if you want. "Data has very consistently shown that for each cup—up to about six—there's a decreased risk of cardiovascular disease," says cardiologist Karol E. Watson, MD, PhD, director of the UCLA Women's Cardiovascular Health Center, in Los Angeles. Researchers have yet to discover exactly how coffee is protective, but it's thought that the potent antioxidants and caffeine play a role. Just go easy on the sugar, which can contribute to inflammation, and high-calorie creamers.

The Case for Keto

For years now, the ketogenic diet has grabbed attention for how swiftly its followers slim down. Now it's getting scientific bona fides for helping people who have type 2 diabetes control their blood sugar—and potentially protect their hearts, since over time, high blood sugar can damage blood vessels and increase one's risk of cardiovascular disease. What the evidence says so far:

IN FAVOR: Keto, which is all about fats, calls for drastically cutting carbs—which turns out to be a particularly effective way for anyone who is overweight or obese to shed pounds and lower their risk.

AGAINST: The studies so far are short-term, yet the diet may well do harm in the long run, since the extra saturated fats consumed (in red meat, say) are linked to heart disease. "People are mesmerized by the weight loss and diabetes control, but if they end up dying from heart attacks or cancer down the line, then what?" says the American College of Cardiology's Andrew Freeman, MD, co-author of a recent study in the *American Journal of Medicine* on the impact of keto and intermittent fasting diets on heart health.

THE VERDICT: Neither Freeman's study nor his organization fully endorses keto yet. But some cardiologists do support its use in certain cases, so talk to your doctor about the diet that is best for you.

THE **NEW** SLEEP NUMBER 360® SMART BED

Get almost 100 hours more proven quality sleep per year.*

Discover the first bed in the world designed to help you fall asleep faster and proven to provide more restful sleep.
Enjoy your own personal microclimate as it gently balances surface temperature to keep you both blissfully asleep.

Because proven quality sleep is life-changing sleep.

NEW Temperature balancing

NEW Smart 3D fabric is up to 50% more breathable for a cooler sleep surface†

Adjustable comfort on each side

Automatically responds to you

SleepIQ® Score 83

Personalized insights for even better sleep

15 YEAR

15-Year Limited Warranty‡

100-Night Trial§

sleep number®

REQUEST SPECIAL OFFERS | 1-877-897-7307 | sleepnumber.com/martha

Upholstered furniture and adjustable base available at additional cost. Prices higher in AK and HI. *Based on internal analysis of sleep sessions assessing sleepers who use multiple features of Sleep Number products. Claim based on sleepers achieving over 15 more minutes of restful sleep per sleep session. †Compared to ordinary mattresses, based on independent tests performed by the CSIRO. Available on select models. ‡Limited warranty available at sleepnumber.com. §Restrictions and exclusions apply. Does not apply to adjustable bases, upholstered furniture, closeout/clearance or demo/floor model purchases or mattresses already exchanged under another In-Home Trial period. You pay return shipping. Refunds will be made to the original method of payment less original shipping/delivery fees. Visit sleepnumber.com for complete details. SLEEP NUMBER, SLEEPIQ, SLEEP NUMBER 360, the Double Arrow Design, and SELECT COMFORT are registered trademarks of Sleep Number Corporation. ©2021 Sleep Number Corporation

Five flavors with heart.

Back for a limited time!

*Three grams of soluble fiber daily from whole grain oat foods, like Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Cheerios cereal provides 1 gram per serving. Other flavors provide .75 grams per serving.

12 P.M. BREAK FOR LUNCH

Don't wait till your stomach is growling—or the credits roll on *The View*, or the meeting you know will run long winds down. Aim to eat at the same time every day. That makes it easier to maintain a healthy weight (and a healthy heart), recent research concludes. As for what you put on your plate, most experts agree that a Mediterranean-style diet is the clear winner for your cardiovascular system. That means mostly whole grains, leafy greens, and other vegetables, fruits, nuts, and legumes; some poultry, fish, and low-fat dairy; and only occasional red or processed meats. "Instead of thinking, *I'll have a piece of chicken or fish with a few carrots on the side,* it should really be, *Let me make this plate of vegetables with a little bit of chicken or fish on the side,*" says Andrew Freeman, MD, the Denver-based co-chair of the American College of Cardiology's Nutrition and Lifestyle Workgroup.

2 P.M. TAKE A LAP

We've all made some not-so-great impressions on our sofas and desk chairs over the past year. Sitting for long stints isn't just bad for your waistline; it's bad for your heart. Luckily, it doesn't take much to offset inertia. A half-hour stroll can undo the negative effects of sitting for 8.5 to 10.5 hours, says a new analysis in *British Journal of Sports Medicine*. What's more, just 11 minutes has a measurable benefit, and can help you live longer. We all have time for that.

3:30 P.M. SNACK SMART

The cognitive nosedive you're sensing is real. So give your tired eyes a break from the computer screen, and power up with healthy fats and protein. Rissetto mixes a teaspoon of nut butter or Nutella into nonfat plain Greek or Icelandic yogurt to make a pudding-like treat, or stirs a teaspoon of powdered ranch dressing into the yogurt and dips in sliced vegetables. For a warm bite, top a Wasa multigrain cracker with marinara and a thin slice of mozzarella, and toast it.

6 P.M. EAT DINNER

See: lunch. But aim for smaller portions. A study published last year in *Nutrients* discovered that women who took in most of their calories at breakfast and lunch had a lower body mass index (BMI) than those who ate more at night. The lower your BMI, the less likely you are to develop cardiovascular disease, particularly heart failure and coronary heart disease.

8 P.M. PICK A SITCOM

Researchers at the University of Maryland Medical Center, in Baltimore, saw that when their study subjects watched a comedy, the lining of their blood vessels (aka endothelium) responsively relaxed and expanded, boosting healthy blood flow by 22 percent on average—about the same benefit as light physical exercise—and the effect lasted about an hour. If you must watch *American Horror Story,* chase it with lighter fare: When the same subjects watched a stress-inducing film, their endothelium (which, when damaged, is an early mark of heart disease) constricted so much it reduced their blood flow by 35 percent. Now *that's* scary.

11 P.M. HIT THE SACK

A consistent bedtime is paramount to healthy sleep. Turning in at erratic times is linked with a higher BMI and blood-sugar and blood-pressure levels, and increased rates of stroke, per a 2018 Duke University study. If 11 is early for you, make sure to allow for seven to eight hours of shuteye. Says Freeman, when it comes to helping prevent heart disease—or any disease, for that matter—"that's the sweet spot."

Back for
a limited time
HAPPY HEART SHAPES

The shape that stole your heart is back.

*Three grams of soluble fiber daily from whole grain oat foods, like Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Cheerios cereal provides 1 gram per serving. Other flavors provide .75 grams per serving.

4:32 am — Restless

6:27 am — Exhausted

10:49 am — Stressed

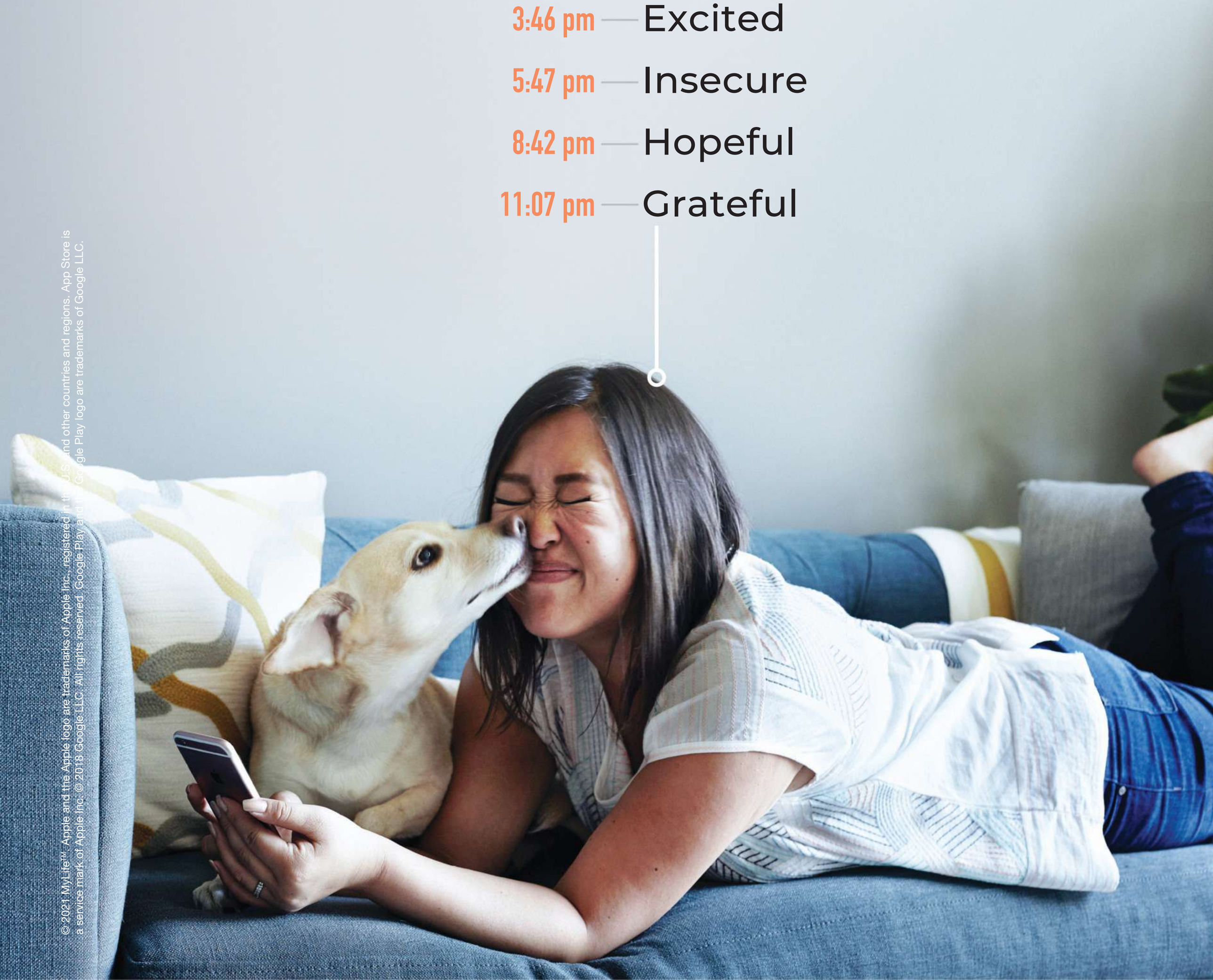
1:45 pm — Loving

3:46 pm — Excited

5:47 pm — Insecure

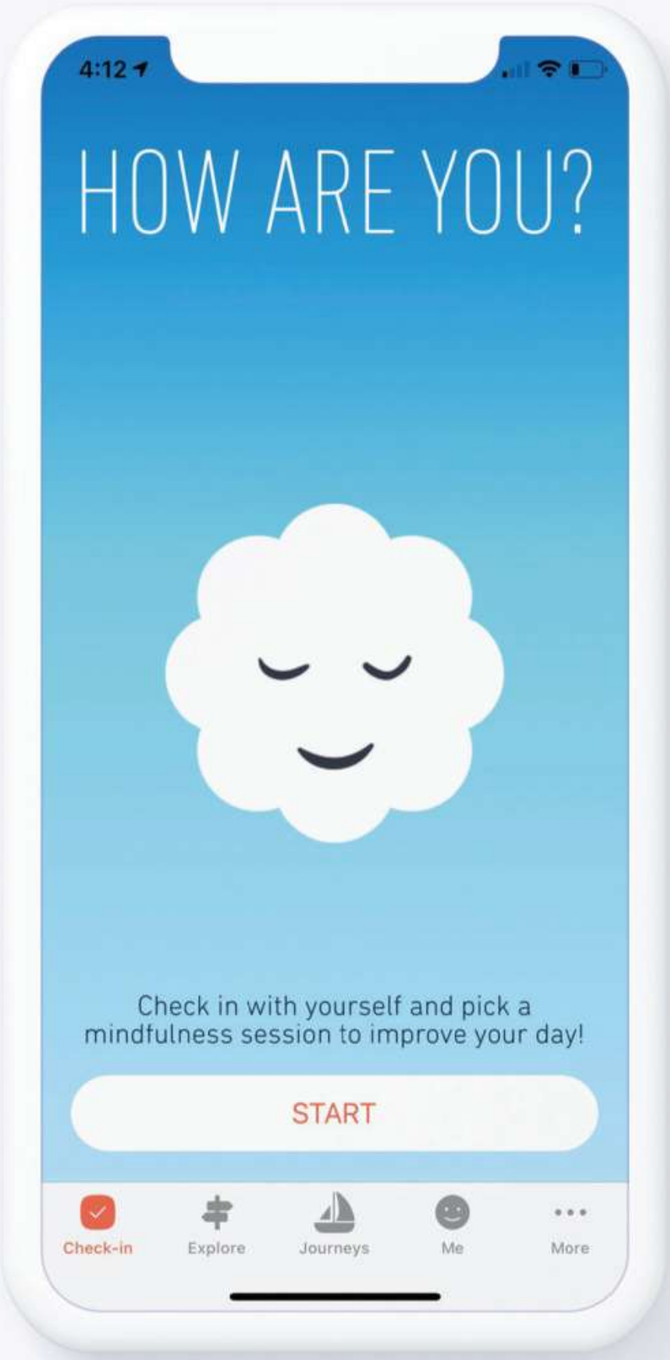
8:42 pm — Hopeful

11:07 pm — Grateful



© 2021 MyLife™. Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries and regions. App Store is a service mark of Apple Inc. © 2018 Google LLC. All rights reserved. Google Play and the Google Play logo are trademarks of Google LLC.

OVER 20,000
5-STAR REVIEWS



Your emotions change. That's why MyLife™ offers a personalized mindfulness solution, any time of day.

It all starts with how you're feeling, right now. You'll enjoy a customized experience from over 400 relaxation activities, each one about 10 minutes or less. MyLife delivers exactly what you need — because it always starts with ***you***.

SCAN WITH SMARTPHONE

START A FREE 7-DAY TRIAL.
DOWNLOAD THE APP TODAY.

Download on the App Store
GET IT ON Google Play

my life

Ask Martha

What's the best way to make a quick vegetable stock?

—Lila Smithson, Madison, Wis.

You can extract major flavor from produce like onions, carrots, broccoli, celery, and leeks (anything in the crisper, really, even if it's seen fresher days) in a fraction of the time it takes to simmer bones for meat broths. First, pulse the vegetables in a food processor until finely chopped. Then fill a saucepan with about twice as much water as you have vegetables, bring to a boil, and stir them in (plus, for nonvegans, a hard-cheese rind such as Parmigiano-Reggiano, to impart umami). Turn off the heat, cover, steep for five minutes, and strain. Use the stock as a base for spring-time risottos and soups, to braise greens, or to cook grains. Once it's cooled, it will keep for up to a week in an airtight container in the fridge, or up to six months in the freezer.

CHRISTOPHER TESTANI

gsk
“MOM’S SHINGLES WAS BAD. REALLY AWFUL!”
Maria, 53 years old
SHINGLES CAN BE WHAAAT?
PREVENTED
50 years or older?
Talk to your doctor or pharmacist about shingles vaccination.
Trademarks are owned by or licensed to the GSK group of companies.
©2019 GSK or licensor.
SGXADVT190008 July 2019
Produced in USA.
ShinglesCanBeWhat.com

| BUYING SMARTS |

TAKE THE HEAT

Temperature checks are now a national pastime. If you need a new thermometer, pick a digital one (mercury models can shatter, releasing their toxic contents) based on your needs (see below). Then follow the directions carefully, says Jake Deutsch, MD, founder of Cure Urgent Care, in New York City: Accuracy hinges on proper use.

FOR NO-FRILLS TYPES
An under-the-tongue stick is inexpensive, but it'll take up to a minute to work. Wash it between uses, and avoid drinking or eating for five minutes before, says Deutsch. **TRY: Vicks ComfortFlex digital thermometer** ($10, *amazon.com*).

FOR FULL HOUSES
To safely scan several people in a row, opt for a no-touch infrared type, advises Neha Vyas, MD, a family-medicine physician at the Cleveland Clinic. **TRY: iHealth No-Touch forehead thermometer** ($30, *amazon.com*).

FOR THE SQUIRMY
In-ear options are less invasive than oral, and get a more reliable read on a moving target than no-touch gadgets do. **TRY: iProven DMT-511;** its silent mode lets you gauge a sleeping kid's temp without waking her ($20, *walmart.com*).

Do you have advice on moving with dogs?

—Jolene Layman, Springfield, Ill.

The upheaval can be jarring on pups, who tend to be territorial and wary of change. Leading up to the day, stick to Snoopy's usual routine, and desensitize him to the sights and sounds of packing, says NYC veterinarian Lisa Lippman: "Pull out suitcases and build boxes a few weeks ahead, hiding treats around them." If you can, visit your new neighborhood beforehand and let him sniff out a walking route or park. On moving day, place treats in each room, and explore with your dog on-leash, letting him uncover the rewards, says Lippman; the instant positive association helps tell him, "You're safe here." Also, be sure his microchip info is updated, and he has the required vaccines for your new locale. Scout out veterinarians pre-move, too.

| HEALTH CHECK |

FILL IN THE BLANKS

While the Covid vaccine is top-of-mind, make it your mission to get up to date on *all* your shots. If you can't recall which you've had or when, check with your former doctors or schools you attended, says Ada Stewart, MD, president of the American Academy of Family Physicians. Some state health departments have immunization information systems that may list your details, too. No luck? Antibody tests can determine whether you have immunity for some illnesses (hepatitis A and B, measles), but revaccination is also a simple and safe option, says Kelly Moore, MD, MPH, deputy director for immunization education at the Immunization Action Coalition. Your doctor can develop a plan based on your age, lifestyle, and medical history. As a baseline, all adults need a flu vaccine annually, and a tetanus booster every 10 years, Moore adds.

| TEST-KITCHEN TIP |

Less Is More

To adapt any baking recipe for a convection oven, either reduce the temperature by about 25 degrees, or cut the cooking time by 25 percent, says *Living* assistant food editor Riley Wofford. Both tactics are possible because of the appliance's supercharged efficiency and speed, generated by a fan system that circulates hot air around food. Riley prefers the former option for baking, and the latter for items that take an hour or more to cook, like a pot roast or whole chicken, since the amount of time saved is that much greater.

LET US HELP YOU!

E-mail your questions to *Ask.Martha@meredith.com,* or send them to Ask Martha, c/o Letters Department, *Martha Stewart Living,* 225 Liberty Street, New York, NY 10281. Please include your full name, address, and daytime phone number. Letters and messages become the property of Meredith Corp. and may be published, broadcast, edited, or otherwise used in any of its media. By submitting your questions to Ask Martha, you are agreeing to let us use your name and hometown in connection with our publication of your questions.

ERIC PIASECKI (MARTHA & DOGS); ADOBE STOCK (WEIGHTS)

Reporting by Erica Sloan

Order an App

If power-walking through slush isn't your idea of fun, take your workout inside. These offerings are fully virtual and feel-the-burn vigorous.

PRESENCE.FIT
Squat and plank with live trainers, who view you through your phone's camera and give feedback on your form, in muscle-blasting 15- and 20-minute sets. You'll quickly get the hang of HIIT (high-intensity interval training). *$30 a month, presence.fit.*

OBÉ
Jazz it up like Jane Fonda in a dance-cardio class, or tone your core via yoga sculpt, taught by an instructor in a neon light box. The name's an acronym for "our body electric"—which is just how you'll feel. *$27 a month, obefitness.com.*

GLO
Check off self-care and strength-building with on-demand yoga, Pilates, and meditation sessions of varying lengths. Share your goals, and you'll receive tailored recommendations. *$18 a month, glo.com.*

ROWDY
Make exercise even more of an escape with heart-pumping programs that beam you to destinations like the Swiss Alps and Australia's Gold Coast. *$25 a month, getrowdydigital.com.*

NHance®
Wood Refinishing – Done Right®

GET A *Fresh* LOOK THIS SPRING!

If you are wanting a new look in your kitchen, but money and downtime are a concern, N-Hance may be just what you need. N-Hance can change the look of your kitchen by refinishing your cabinets to any color you desire...perhaps a classic espresso, a fresh white or a trendy jewel tone. You can choose any color! N-Hance's process and products provide a high quality, durable finish that is cured instantly using ultraviolet light. You get fresh, updated cabinets in a matter of days...not weeks!

KEY BENEFITS

- N-Hance finishes provide much higher quality and durability than painting your cabinets.
- N-Hance provides updated cabinets at a much lower cost than traditional remodels.
- N-Hance refinishes over 9,000 kitchens a year. Cabinets are our specialty!

Schedule your FREE estimate today! | (855) 642-6230 | NhanceRefinishes.com

THE TASTE YOU LOVE, AT A PRICE YOU'LL LOVE.

Stouffer's®

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.

Everyday FOOD

COOK, NOURISH, ENJOY

We like the ease of making these dumplings without ridges, but if you prefer a lined look, roll each one gently across the tines of a fork after cutting.

| PERFECTING |

PILLOW TALK

Potato gnocchi are simple to make from scratch, but light-as-air results require a few secrets: We use russets for a floury (not waxy) texture, then bake the spuds instead of boiling them, and spoon ricotta into the dough for even more fluff. Simmer our creamy tomato sauce at the same time, and get rolling.

TEXT BY CLAIRE SULLIVAN RECIPES BY LAURYN TYRELL

FOOD STYLING BY JUDY KIM; PROP STYLING BY SUZIE MYERS

PHOTOGRAPHS BY CHRIS SIMPSON

POTATO GNOCCHI

Ingredients

1¾ pounds russet potatoes (3 to 5, depending on size), scrubbed

¼ cup full-fat ricotta (2 ounces)

1½ teaspoons kosher salt (we use Diamond Crystal), plus more for serving

Pinch of freshly grated nutmeg

⅔ cup unbleached all-purpose flour, plus more as needed and for dusting

1½ cups Creamy Tomato Sauce (see recipe, below)

1 ounce Parmigiano-Reggiano, grated (½ cup), plus more for serving

Freshly ground pepper and fresh basil leaves, for serving

1 Bake & Rice Potatoes

Preheat oven to 400°. Prick **potatoes** all over with a fork (for even cooking, choose spuds that are all about the same size). Place on center rack and roast until soft and easily pierced with a knife, about 1 hour. (Roasting instead of boiling prevents too much moisture in the dough.) When cool enough to handle but still warm, halve and scoop out insides, discarding skins. Pass through a ricer or food mill onto a baking sheet (this produces a lighter consistency than a masher or fork can); you should have about 2½ cups. Let cool completely, about 20 minutes.

2 Roll & Cut Dough

Using your hands, mound potatoes on sheet; make a well in center and add **ricotta.** Sprinkle everything with **salt, nutmeg,** and **flour.** Working from outside edges in, incorporate flour and ricotta into potatoes to form a dough. Gently knead, adding more flour if needed, 1 tablespoon at a time, until dough is soft, smooth, and slightly tacky (but no longer sticky), about 2 minutes. To test dough, pinch a small piece off and roll it into a rope; if it doesn't hold together, knead a few more times. Transfer to a clean work surface and divide into 6 pieces. Roll each into a rope about ¾ inch thick. Lightly dust ropes with flour, to prevent sticking when cutting. Using a bench scraper or sharp knife, cut each rope crosswise into ½-inch "pillows." Transfer to a lightly floured baking sheet.

3 Boil & Sauce

Heat **sauce** in a large skillet over medium-low. Meanwhile, cook gnocchi in a large pot of generously salted boiling water until they puff up and float to top, about 2 minutes. Cook 1 minute more, then use a spider or large slotted spoon to transfer directly to skillet. Simmer, gently tossing a few times, until sauce evenly clings to gnocchi, about 30 seconds. Remove from heat; toss with **Parmigiano-Reggiano** and a few spoonfuls of pasta water (for silkiness). Season to taste and serve, topped with more Parmigiano and **basil.**

KEEP THEM HANDY

Freeze shaped gnocchi on a lightly floured baking sheet lined with parchment, then transfer them to a resealable plastic bag. They can be cooked straight from the freezer—it'll just take them an extra minute to rise to the top.

"I love the coziness of our cream-kissed sauce, but I also like to serve gnocchi with brown butter, fresh marjoram, and red-pepper flakes; with crumbled sausage and Broccolini; or tossed with store-bought sauce in a casserole dish. I go for Rao's, then top it all with mozzarella and melt it under the broiler."

—senior food editor Lauryn Tyrell

Creamy Tomato Sauce

If preparing in advance, let cool completely, then refrigerate in an airtight container for up to three days, or freeze for up to six months.

Pulse a 28-ounce can of **whole peeled tomatoes with their juices** in a food processor until coarsely chopped. Melt 1 tablespoon each **unsalted butter** and **extra-virgin olive oil** in a saucepan over medium heat. Add 1 tablespoon minced **garlic;** cook until fragrant, about 1 minute. Add tomatoes; season with **kosher salt** and freshly ground **pepper.** Bring to a boil, then reduce heat to medium-low, partially cover, and simmer until thickened, stirring occasionally, about 25 minutes. Stir in ¼ cup **heavy cream;** simmer, partially covered, 5 minutes more.

When your sneezes rock the boat

you may be muddling through allergies

*Starts working at hour 1. Use only as directed.

Stick with the consistent allergy relief of ZYRTEC®

ZYRTEC® starts working hard at hour one. It works twice as hard when you take it again the next day and stays strong day after day.

©J&JCI 2021

You can whip up the ingredients for our garlic aioli up to two days ahead.

| EASY ENTERTAINING |

FRESH RITUALS

A festive Passover meal doesn't have to cause a ruckus in the kitchen, or leave you scrambling to serve it. Our herb-coated beef tenderloin and creamy garlic aioli require little hands-on time, and you can enjoy the main and its sides—spiced matzoh and a nutty salad—at room temperature. With a little prep, you'll be good to gather.

TEXT BY CLAIRE SULLIVAN RECIPES BY LAURYN TYRELL

PHOTOGRAPHS BY CHRIS SIMPSON

FOOD STYLING BY JUDY KIM; PROP STYLING BY SUZIE MYERS

PROMOTION

notebook

YOUR ESSENTIAL PLANNER

{ Events
Ideas
Products
Offers }

VISIT MARTHASTEWART.COM/NOTEBOOK

join the
COMMUNITY
OF *MARTHA STEWART LIVING'S* INSIDERS

DISCOVER & LEARN
about new products

GET INVOLVED
with special event invitations

SHARE
your thoughts and opinions

PLUS MUCH MORE!

JOIN TODAY AT
MARTHASTEWART.COM/
MEREDITHVOICES

IF IT'S PAINTABLE, IT'S POSSIBLE.

Whether you're accenting it, tri-toning it, or doing the unexpected, we've got the colors and tools to make your vision a reality.

Our color experts at AskVal.com are ready to help you find the perfect color and order free paint chips.

AVAILABLE AT LOWE'S

The Menu

Herb-Coated Beef Tenderloin With Roasted-Garlic Aioli

Dandelion, Red Onion, and Walnut Salad

Salt-and-Pepper Matzoh

| THE MAIN COURSE |

Herb-Coated Beef Tenderloin With Roasted-Garlic Aioli

Pregnant women, young children, and others avoiding raw eggs should skip the aioli.

- **2 heads garlic**
- **3 tablespoons extra-virgin olive oil**
- **1 large egg**
- **4 teaspoons fresh lemon juice**
- **Kosher salt and freshly ground pepper**
- **¾ to 1 cup vegetable oil**
- **1 center-cut beef tenderloin (3 pounds), trimmed and tied**
- **1 cup each packed fresh dill, cilantro, and parsley leaves**

1. Preheat oven to 400˚. Trim tops of garlic by about ½ inch; place in parchment-lined foil and drizzle with 1 tablespoon olive oil. Wrap to seal and roast until soft, 1 hour. Unwrap and let cool completely.

2. Slip garlic cloves out of their jackets and into a blender. Blend with egg, lemon juice, ½ teaspoon salt, and ⅛ teaspoon pepper until smooth. With motor running, slowly stream in ¾ cup vegetable oil until thick and smooth; if too thin, add up to ¼ cup more oil. Refrigerate in an airtight container at least 30 minutes and up to 3 days; season to taste before serving.

3. Place beef on a rack set in a rimmed baking sheet; season generously with salt and pepper. Refrigerate, uncovered, at least 4 hours and up to overnight. Preheat oven to 275˚. Pat beef dry; brush with remaining 2 tablespoons olive oil. Transfer to a roasting pan or large ovenproof skillet, such as cast iron. Roast until a thermometer inserted in center reads 125˚ for medium rare, 60 to 65 minutes. Tent with foil; let stand 15 minutes.

4. Finely chop herbs on a large cutting board and spread out in an even layer. Untie roast and roll in herbs, pressing to coat. Transfer to a serving platter, slice, and serve with aioli.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 5 HR. 45 MIN. | **SERVES:** 6 TO 8

| ON THE SIDE |

Dandelion, Red Onion, and Walnut Salad

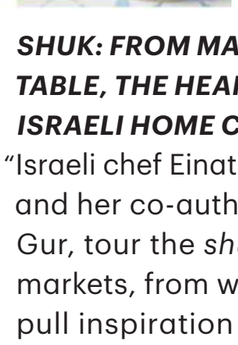
Preheat oven to 450°. Drizzle 3 small **red onions,** cut into 1-inch-thick rounds, with **extra-virgin olive oil;** season with **kosher salt** and freshly ground **pepper.** Place on one side of a baking sheet. Mash 1 small minced **garlic clove** and a pinch of salt with the side of a knife to form a paste. Toss ½ cup **walnut halves** with 1 tablespoon oil and garlic paste. Season; spread on other side of sheet and roast until nuts are toasted, 5 to 6 minutes. Transfer nuts to a cutting board; let cool slightly. Meanwhile, flip onions and continue roasting until just tender, 9 to 12 minutes more. Chop nuts; toss with **zest of 1 lemon,** ½ teaspoon **red-pepper flakes,** and a pinch of **flaky sea salt.** Pile 4 cups packed **dandelion greens** on a platter; drizzle with 1 tablespoon each oil and **lemon juice,** and season with flaky salt. Top with onions, sprinkle with nut mixture, and serve.

Salt-and-Pepper Matzoh

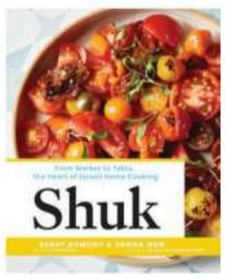
Brush **matzoh** with **extra-virgin olive oil;** season with **flaky sea salt,** freshly ground **pepper,** and spices such as **dried thyme** and **sumac** (optional). Bake on a rimmed baking sheet at 450° until warmed through, 3 to 4 minutes.

IN OUR LIBRARY

***Living*'s food team references these cookbooks for standout Jewish recipes year-round.**



THE JEWISH COOKBOOK
Leah Koenig's 500-page tome is a total classic, says deputy food editor Greg Lofts. "It has excellent, accessible recipes, like egg noodles and a challah-inspired pumpkin bread." (Phaidon, 2019.)



SHUK: FROM MARKET TO TABLE, THE HEART OF ISRAELI HOME COOKING
"Israeli chef Einat Admony and her co-author, Janna Gur, tour the *shuks,* or markets, from which they pull inspiration for their bright, simple dishes," says food director Sarah Carey. (Workman, 2019.)

THE BOOK OF JEWISH FOOD
Filled with stories and recipes from around the world, Claudia Roden's book is Sarah's passport to Passover ideas: "The six-ingredient walnut-and-orange cake is a favorite." (Knopf, 1996.)

COURTESY OF PUBLISHERS (BOOKS)

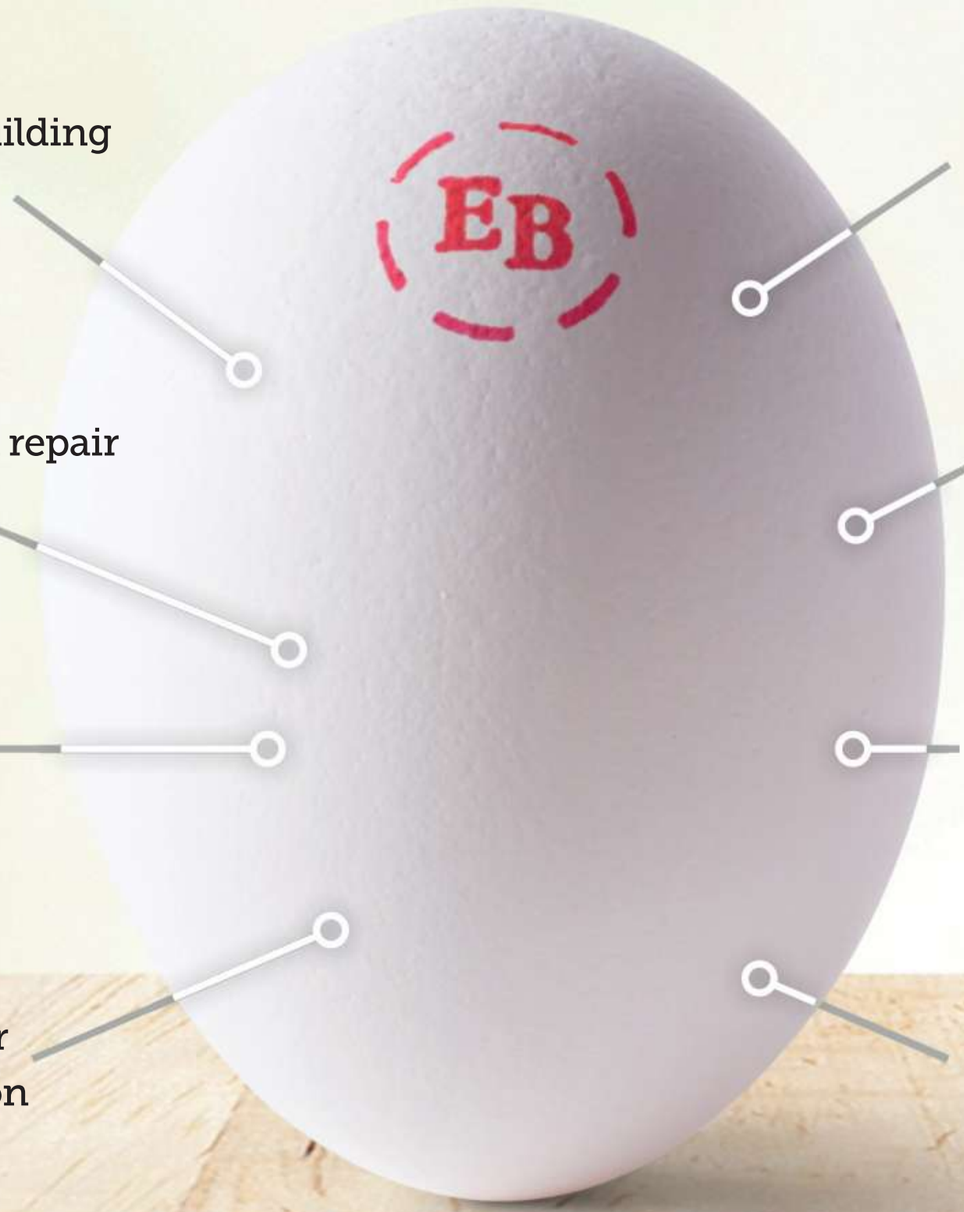
Better nutrition.
Stronger immunity.
Today, more important than ever.

6 times more vitamin D* for building immunity and strong bones

6 grams of protein to build and repair tissue and stay strong

38% more lutein* for good eye health

Nearly 50% more selenium* for thyroid and metabolism function



10 times more vitamin E* to help protect cells from damage

80 mcg of vitamin A–important for immunity and eye health

Nearly twice as much folate (vitamin B9)*–great for expectant mothers

Twice as much iodine* for thyroid health

These times call for the better egg–only Eggland's Best. Providing superior nutrition to help you and your family maintain a strong immune system and support overall health. And, produced with the highest quality standards to ensure that you and your family are getting nothing but the best.

FARM FRESH
EGG•LAND'S BEST

Better taste. Better nutrition. Better eggs.®

*Compared to ordinary eggs

| WHAT'S FOR DINNER? |

Sheet Music

For a streamlined, stress-free meal, slide your entire supper in the oven. Buffalo chicken, shrimp scampi, and spicy glazed pork chops finish roasting right along with their sides on a single pan. Come cleanup time, you'll be one happy family.

TEXT BY CLAIRE SULLIVAN RECIPES BY SARAH CAREY

Our trick for quick, even crispness: Park your pan in the oven before you turn it on, so it's already hot when you add the ingredients.

FOOD STYLING BY JUDY KIM; PROP STYLING BY SUZIE MYERS

PHOTOGRAPHS BY CHRIS SIMPSON

Warm Lentil-and-Cauliflower Salad

Buffalo Chicken Breasts

Sweet-and-Spicy Pork Chops

Shrimp-Scampi Pan Bake

Warm Lentil-and-Cauliflower Salad

- **3** tomatoes, cored and chopped (3 cups)
- **2** cloves garlic, thinly sliced (1 tablespoon)
- **2** tablespoons capers, drained
- **½** cup extra-virgin olive oil
- Kosher salt and freshly ground pepper
- **1** small head cauliflower (2 pounds), trimmed and cut through the core into 1-inch planks
- **1½** cups cooked lentils
- **2** ounces Parmigiano-Reggiano, grated (¾ cup)
- **1** bunch arugula, trimmed
- **1** tablespoon red-wine vinegar
- Chopped toasted almonds, for serving

1. Preheat oven to 475°, with a rimmed baking sheet on center rack and another rack in top position. Toss together tomatoes, garlic, capers, and 2 tablespoons oil; season with salt and pepper. Brush cauliflower evenly with 3 tablespoons oil, season, and arrange on sheet. Roast until undersides are golden, 12 to 13 minutes. Flip and push to one side; add tomatoes to other and roast 12 minutes more.

2. Stir lentils into tomatoes. Drizzle with 2 tablespoons oil; season. Sprinkle everything with cheese. Switch oven to broil, and broil on top rack until cheese has melted, 1 to 2 minutes. Toss arugula with remaining 1 tablespoon oil and vinegar; season. Serve cauliflower and lentils with arugula salad, sprinkled with almonds.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 50 MIN. | **SERVES:** 4

Buffalo Chicken Breasts

- **4** small boneless, skinless chicken-breast halves (about 1¾ pounds total)
- Kosher salt and freshly ground pepper
- **¼** cup Louisiana hot sauce, such as Frank's RedHot
- **1¼** cups panko breadcrumbs
- **1¼** pounds large carrots, peeled and cut into 2-inch pieces
- **2** tablespoons extra-virgin olive oil
- **¼** cup mayonnaise
- **2** cups sliced celery stalks, plus ¼ cup leaves
- **2** ounces mild blue cheese, crumbled (½ cup)
- **2** teaspoons red-wine vinegar

1. Preheat oven to 425°. Season chicken with salt and pepper; brush with 2 tablespoons hot sauce. Let stand 15 minutes. Spread panko in a single layer on a rimmed baking sheet; toast, stirring once, until golden, 3 to 4 minutes. Transfer to a plate. Toss carrots with 1 tablespoon oil; season. Spread on sheet and roast until beginning to brown, 12 to 15 minutes. Meanwhile, in a shallow bowl, whisk together mayonnaise and remaining 2 tablespoons hot sauce. Dip chicken in mayo mixture, then coat in panko, patting to adhere. Add to sheet with carrots; continue roasting until both are cooked through, 10 to 15 minutes more, depending on thickness of chicken.

2. Combine celery and leaves, cheese, remaining 1 tablespoon oil, and vinegar; season. Serve salad with chicken and carrots.

ACTIVE TIME: 30 MIN. | **TOTAL TIME:** 55 MIN. | **SERVES:** 4

Sweet-and-Spicy Pork Chops

- **4** small Kirby or Persian cucumbers, cut into ½-inch pieces
- **¼** cup distilled white vinegar
- **½** cup coarsely chopped fresh cilantro, plus more for serving
- Kosher salt and freshly ground pepper
- **¼** cup apricot jam
- **3** tablespoons sambal oelek or chili-garlic sauce
- **1** head broccoli (12 ounces), cut into large florets
- **3** small sweet potatoes, scrubbed and cut into 1-inch wedges
- **¼** cup vegetable oil, plus more for drizzling
- **4** bone-in pork chops (each 1 inch thick), preferably rib end

1. Preheat oven to 475°, with a rimmed baking sheet on center rack and another rack in top position. Stir together cucumbers, vinegar, and 2 tablespoons cilantro. Season with salt. Stir together jam and sambal oelek. Toss broccoli and sweet potatoes with 3 tablespoons oil; season. Remove sheet from oven; drizzle with remaining 1 tablespoon oil, then spread broccoli mixture in a single layer. Roast, flipping once, until charred in places, 22 to 25 minutes. Transfer to a plate; toss with remaining cilantro. Switch oven to broil.

2. Season chops with salt and pepper; place on same baking sheet and broil on top rack until beginning to brown, about 5 minutes. Flip; spread glaze over chops. Broil until glaze is bubbly and chops are cooked through, about 2 minutes. Return broccoli mixture to sheet; broil 30 seconds. Serve with salad, topped with cilantro.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 55 MIN. | **SERVES:** 4

Shrimp-Scampi Pan Bake

- **1½** pounds Yukon Gold or russet potatoes, peeled and cut into ¼-inch rounds
- **5** tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- **1** bunch asparagus (about 1 pound), trimmed
- **1** pound peeled and deveined large shrimp
- **1** teaspoon dried oregano or marjoram
- **1** tablespoon chopped garlic (from 2 to 3 cloves)
- **1** lemon, thinly sliced into rounds, plus wedges for serving

1. Preheat oven to 475°, with a rimmed baking sheet on center rack and another rack in top position. Toss potatoes with 3 tablespoons oil; season with salt and pepper. Spread in a single layer on sheet and roast on center rack, flipping once, until beginning to brown, about 15 minutes. Meanwhile, toss asparagus with 1 tablespoon oil, and toss shrimp with remaining 1 tablespoon oil, oregano, and garlic. Season both with salt and pepper.

2. Remove sheet from oven; flip potatoes and push to one side, then add asparagus to other. Roast until potatoes are just tender, 6 to 7 minutes. Switch oven to broil; add shrimp and lemon rounds on top of asparagus and potatoes. Broil on top rack until shrimp are opaque and browned in places, and asparagus and potatoes are cooked through, about 3 minutes more. Serve.

ACTIVE TIME: 15 MIN. | **TOTAL TIME:** 40 MIN. | **SERVES:** 4

© 2021 MEREDITH CORPORATION. ALL RIGHTS RESERVED

PROMOTION

RED ALERT

FOUR PERFECT SHADES GOT YOU COVERED

SNAP TO BUY

InStyle

SHOP INSTYLEBADASS.COM

| KITCHEN WISDOM |

The Pod Squad

Rich in protein, fiber, and iron, lentils are a dynamite addition to a plant-friendly diet—and their earthy flavor and satisfying textures (some have a firm bite, others cook up soft and creamy) make them a trusty test-kitchen staple in soups, salads, and more. Learn their different personalities, and put them to delicious use.

TEXT BY CLAIRE SULLIVAN

How to Cook Them

Bring 2 cups picked (to remove tiny pebbles) and rinsed **lentils,** 3 cups **water,** 1 teaspoon **kosher salt,** and a pinch of freshly ground **pepper** to a boil in a medium saucepan. Reduce heat to medium-low; simmer until tender (start checking at 20 minutes, as cooking times vary). Drain if necessary; let cool. Refrigerate in an airtight container up to 5 days, or freeze up to 3 months.

1 YELLOW & RED

Often sold split (or halved, with the outer seed removed), these are easy to smash. We love them for thickening dips like hummus, and stews such as kitchari, an Indian dish made of vegetables, rice, and spices.

2 FRENCH GREEN

This kind, also known as lentils du Puy, takes time to cook (start checking at 25 minutes), but its tenderness gives substance to salads and roasted veggies. It's great tossed with sautéed mushrooms.

3 BROWN

These shape-shifters—they hold their structure but are mashable, too—are the most common and versatile variety (if you prefer more bite, watch them when simmering so they don't get too soft). Add a cup to soup for heartiness, stir them into a pilaf, or mix them into veggie burgers.

4 BLACK

Toss this small variety into any recipe that calls for green ones if you prefer a firmer, more al dente texture. They're ready to go in about 25 minutes.

ENJOY THEM!

For our favorite lentil recipes, hover your smartphone camera here, or visit *martha stewart.com/lentils*.

FOOD STYLING BY GREG LOFTS; PROP STYLING BY SUZIE MYERS

PHOTOGRAPH BY REN FULLER

PLASTIC MAILING WRAP
IS RECYCLABLE

DON'T TRASH IT
RECYCLE IT

THE PLASTIC MAILING WRAP
containing your favorite Meredith magazine is **recyclable** everywhere #4 plastic is accepted. Scan the smart code to visit **PlasticFilmRecycling.org** for collection locations near you.

| SWEETS |

ON THE DOT

These sunny thumbprint cookies come from a land down under. They're a riff on classic Australian Lamingtons—small cubes of sponge cake layered with jam, dipped in chocolate, and coated with coconut flakes. Our bites feature the same jazzy flavor trio, but replace the cake with a soft, chewy dough. Dollop your favorite preserves on top (a quick boil makes them set), and round up your closest mates.

TEXT BY CLAIRE SULLIVAN RECIPE BY GREG LOFTS

Lamington Thumbprint Cookies

- 1 stick unsalted butter, softened
- ⅓ cup sweetened condensed milk
- ½ teaspoon pure vanilla extract
- ½ teaspoon kosher salt (we use Diamond Crystal)
- ¼ teaspoon baking powder
- 1 cup unbleached all-purpose flour
- ½ cup unsweetened finely shredded coconut
- 4 ounces semisweet baking chocolate, such as Baker's, chopped
- ½ cup orange marmalade or other flavor jam, such as pineapple or strawberry, or a combination

1. In a bowl, whisk together butter, condensed milk, vanilla, salt, and baking powder until thoroughly combined. Add flour, stirring with a spoon until a dough forms. Cover and refrigerate until firm enough to handle but still tacky and not too stiff, about 30 minutes.

2. Preheat oven to 350°. With dampened hands (to prevent sticking), roll level tablespoons of dough into balls. Toss in coconut, pressing gently to adhere. Transfer to a parchment-lined baking sheet, spaced 1 inch apart. Press each center with a thumb or finger to create a deep indentation.

3. Bake until cookies are just set and golden on bottoms but still soft, about 10 minutes. Press down centers again, if needed. Let cool completely on sheet. Melt chocolate in a bowl set over a double boiler, or in a microwave on low. Dip bottoms of cookies in chocolate and return to parchment-lined sheet, bottom-sides down. Bring marmalade to a boil in a small saucepan; strain. While still warm, spoon about ¾ teaspoon into center of each cookie. Refrigerate until chocolate and marmalade are set, at least 30 minutes. Set cookies can be refrigerated in an airtight container up to 3 days.

ACTIVE TIME: 35 MIN. | **TOTAL TIME:** 1 HR. 15 MIN., PLUS COOLING | **MAKES:** 20

FOOD STYLING BY JUDY KIM; PROP STYLING BY SUZIE MYERS

PHOTOGRAPH BY CHRIS SIMPSON

LET HER KNOW THAT ANYTHING IS POSSIBLE

JA: Inspiring Tomorrows

Today, many young people don't have someone to show them how **to believe in themselves, be part of a team, plan for the future, embrace their dreams.**

You can help change that. By supporting Junior Achievement, your words, engagement and investment can change lives.

Let's inspire tomorrows by working together to positively change the future, one life at a time.

LEARN MORE: JA.ORG

Junior Achievement®

Inspiring Tomorrows™

SAVINGS
IS JUST THE START

It starts with getting a quote to see if you could save 15% or more on car insurance. From there, you'll discover the comfort of 24/7 service with a licensed agent, the fast, fair, professional claim handling and why, for over 75 years, GEICO has been the choice of millions of drivers for all their insurance needs.

GEICO.COM **1-800-947-AUTO** **LOCAL AGENT**

GEICO®

Some discounts, coverages, payment plans and features are not available in all states, in all GEICO companies, or in all situations. GEICO is a registered service mark of Government Employees Insurance Company, Washington, DC 20076; a Berkshire Hathaway Inc. subsidiary. © 2020 GEICO

March

"Wherever life can grow, it will. It will sprout out, and do the best it can."

—Gwendolyn Brooks, *Winnie*

PHOTOGRAPH BY ANNA WILLIAMS

change is good

That's Martha's motto, and last spring she put it into action at her Bedford, New York, farmhouse, cleverly evolving several rooms to better suit her new at-home routines. The result: beautiful, comfortable spaces that are filled with things she loves, that function as well as they flow, and that invite her to kick-start her day—and kick back at night.

A POWER PARLOR

To turn a small, underutilized dining room into a comfortable spot for all Martha's new-to-her activities (breakfast at home, Zoom calls), she pulled beloved pieces from storage, like this Federal sofa originally bought for Turkey Hill, her previous home in Connecticut. It was reupholstered with Fortuny fabric she had saved, and the armchairs were re-covered in Schumacher silk velvet. "The velvet is a fabulous olive-y gold color," says Martha. "My favorite." For a place to rest a cappuccino (or cocktail), an iron stand she found while antiquing in Maine was topped with one of her brass trays. Items from the garden—a French metal table, a stool made by friend Christopher Spitzmiller—hold potted plants, including begonias and moplike green *Rhipsalis*. The cashmere throw is by Sferra.

PHOTOGRAPHS BY PIETER ESTERSOHN
TEXT BY ELYSE MOODY

PRETTY & PRODUCTIVE

Left: **Martha and Kevin Sharkey spruced up a spare corner in the front hall with a faux-bois chair she's always loved, which also echoes the hand-painted walls.** ***Right:*** **In the main dining room (aka the Brown Room), an antique sideboard from Skylands, Martha's Maine home, holds early-American silver and a Paris porcelain coffee service to keep her team caffeinated. "Silver really brightens up a tabletop; it doesn't have to be fuddy-duddy," she says. "If your grandma gives you a beautiful set, use it." To double the display space, old chafing-dish bases were topped with two leftover marble stair treads that were cut to fit. The English tray behind it is from an antiques sale; the framed photographs are by Carsten Höller.**

JUST LIKE THE REST OF US, Martha spent much of last year at home, on her Bedford farm. But, no surprise, she rarely sat still. "I've been gardening like crazy," she says. "We redid the vegetable greenhouse and the chicken yards and coops. And the peacocks have new roosts, so they're happier." Indoors, she wrote and Zoomed from a porch she converted into an office two years ago—and that got her rethinking her own roost. "I realized my house was designed for entertaining, not for me," she says. "I had two dining rooms I couldn't really use. I didn't have a comfortable place to sit and have breakfast. So Kevin Sharkey and I started reimagining and changing stuff." Luckily, she adds, "he likes doing this a lot more than I do."

Kevin, who is an executive vice president and the executive creative director of design for her merchandising business, and a close friend, concurs. "Martha doesn't redecorate—she doesn't decorate either, really," he says. "It's always function first."Given the green light, he dove into the quarantine project of any design lover's dreams: shopping Martha's collections for stunning antiques, and brainstorming clever ways to put them to new and good use.

Prepandemic, the smaller dining room off the servery to the kitchen held a table for dinner parties, but it had become a de facto hallway. So Kevin carved out two zones within it to give Martha a spot for breakfast and lunch, and a sitting area for virtual meetings (or a cocktail in the evening). The main dining room—or the Brown Room—had sofas on one side and an 18-person table with views of the citrus garden on the other. Kevin flipped the layout, placing the sofas by the windows. Then he reupholstered the cushions with thicker padding and—in a move Maria von Trapp would have appreciated—a set of vintage curtains Martha had found in West Palm Beach, Florida, made of an "extraordinary and durable" (in her words) damask by Fortuny. The finishing touch: a coffee-and-tea setup for her and her team, always at the ready on a sideboard. Now that spot is Martha's favorite place to unwind: "After I've been working hard in the kitchen on videos, I love to go lie down on those fabulous new cushions and put my feet up."

SINK-IN SEATING

A set of curtains Martha scored in Palm Beach to use on a future project (note: a savvy way to buy a lot of an expensive fabric for less money) offered more than enough yardage to re-cover the seat cushions of the English leather sofas in the Brown Room. They used the remainder to redo the Georgian love seat and sew accent pillows. The lamps' custom shades were made by Shades of the Midnight Sun, in Bronxville, New York.

DELIGHTS FOR THE EYES

Two console tables (actually halves of an out-of-service dining table) now flank the doorway leading from Martha's new sitting room into the servery and kitchen—another blank spot made beautiful to behold. This one holds a pencil cactus (center) and pairs of senecio and chain of hearts. Mirrors above each half amplify the room's natural light during the day, too. "Putting a mirror on the wall is like adding a window," says Kevin.

AN ABLE TABLE

Opposite the sofa and armchairs in the same room, an American Federal dining table, topped with myrtle topiaries and a potted fuzzy-leafed kalanchoe, sits under more of her Wedgwood drabware collection. “The plates fill the small slices of wall perfectly,” says Kevin. The chairs are from a set that Martha uses all over Bedford. She also had new sisal carpets laid on the main floor. “I never wear shoes in my house, and I love walking on that rug,” she says.

Classic braising, the low-key and mostly low-temp method of cooking, wins the race for deep flavor every time. Raise your culinary IQ by mastering the simple technique, which begins with a quick browning and pan deglazing. Or skip right to simmer mode with a few of our rule-bending yet mouthwatering recipes. Easy does it, deliciously.

PHOTOGRAPHS BY MARCUS NILSSON
TEXT BY CHERYL SLOCUM
RECIPES BY GREG LOFTS

SLOW &

SALMON FRICASSEE

For all the recipes in this story, see page 97.

A Fish Tale

Searing the skin in a hot skillet of frothy butter and olive oil is step one of this salmon-fillet dinner, a pescatarian take on the traditional chicken entrée. The plot thickens swiftly from there: After five minutes in a bath of white wine, clam juice, fennel, and tarragon, the slabs emerge fragrant, flaky, and moist. Last, a mixture of cream and egg yolks enriches the cooking liquid, transforming it into a cling-to-your-fork sauce that ensures a happy ending.

STEADY

Permission to Veg

Rather than sizzling on the stove, these leeks flip the narrative, nestling into a roasting pan with white wine, vegetable broth, a few sprigs of thyme, and a scattering of cubed butter. An hour or so later, you shower them with nutty-salty Parmesan and slide them under the broiler for a last burnishing blast. Ideal for late winter, this side or meatless main is melt-in-your-mouth amazing.

ROSEMARY CHICKEN WITH TOMATO AND OLIVES

Worth a Strut

A soulful, satisfying main that's inexpensive, relies on basic pantry staples, and spares you a hawkeyed watch—now that's a winner. Our Italian-esque chicken supper combines the juicy dark meat of legs, which get crisped in a braising pan first, with the bold flavors of canned tomatoes and briny olives and capers. The alchemy of acid, salt, and slow heat brings the poultry to fall-off-the-bone perfection, and the gravy is heaven on mashed potatoes or polenta.

THE DETAILS: Le Creuset braiser, *3½ qt., in Meringue, $310, lecreuset.com.*

| COOK LIKE A PRO |

In its truest form, **braising** is a beautiful marriage of opposites: A quick, high-heat sear meets a low and gentle simmer in liquid, so your star ingredient always finishes tender and steeped in flavor. It's also a marriage of convenience, since the whole affair happens in a single pot or pan. Let's dive into the finer points of this union.

The Simple Steps

1 SEAR
Brown your main protein or vegetables in a hot pan with a little fat, such as olive oil. Meat develops a deep, golden crust; the sugars in veggies caramelize. Remove seared ingredients.

2 SAUTÉ
Toss in aromatics like herbs, spices, and vegetables (e.g., bay leaves, thyme, onion, celery, garlic, ginger) to cook in the drippings.

3 DEGLAZE
Add liquid to loosen and dissolve the rich, savory bits, known as "fond" in French cuisine.

4 SIMMER
The seared hero returns to the pan with enough liquid to partly submerge it and continues to cook, partially covered, in the oven or on the stove.

5 REDUCE
The main element is removed, and the liquid cooks into a rich, concentrated sauce. Cream, tempered eggs, or flour can be used to thicken the gravy.

Stove or Oven?

This depends on the recipe. In general, we braise lighter proteins like fish on the former, and large, longer-cooking hunks of meat in the latter. On the stove top, monitor the temperature to avoid over-reducing and burning your entrée, and if you notice hot spots, rotate your pot a few times during cooking. In the oven, hot air evenly surrounds a pot, so there's no need to babysit. If you're a slow-, pressure-, or multicooker convert, consult the manufacturer's instructions for the best braising practices.

Deglazing, Deconstructed

To rescue each and every flavor-packed morsel from the bottom, pour a small amount of liquid (a cup or less) into the hot pan—wine, broth, and water are all fair game. As the liquid steams and bubbles, use a wooden or sturdy silicone spoon or spatula to scrape and stir, lifting the bits so they can dissolve into pure umami bliss.

Top Gear

HEAVY-BOTTOMED POT
Use this or a straight-sided skillet; either should have a tight-fitting lid and enough surface area for food to fit comfortably in a single layer.

TONGS
They act like an extension of your hand, grabbing and turning meat and vegetables when you're browning them, and stirring sauce in locked position.

The Right Ratio

In braising, solid and liquid elements absorb notes from each other. (It's osmosis!) So pay attention to your pairings to avoid flavor clashes, or canceling out a delicate ingredient with a dominant one. Water is neutral, wine brings acidity, and broth gives a sauce body. If you're using stock or broth, choose low-sodium, since the salt gets more concentrated as the liquid reduces.

Leftover Love

Braised dishes are even better the next day, or the day after that. Store meat or vegetables in their cooking liquid (cool them down before refrigerating) to continue the flavor exchange and keep everything moist. Rewarm over low heat on the stove top or in a 350-degree oven.

ILLUSTRATIONS BY BROWN BIRD DESIGN

Here's the Beef

Birria is a popular dish from the Jalisco region of Mexico, and the inspiration for this smoky chuck-roast rendition. The meat is cooked low and slow in a broth flavored with blistered onion, tomatoes, and guajillo and ancho chiles, then shredded. It's traditionally served as a soup, or tucked into tortillas that have been dipped in the cooking broth and pan-fried until crunchy. This recipe makes enough to have it both ways, and then some; we also serve it over soft scrambled eggs or grits.

CHILE-BRAISED BEEF, TWO WAYS

SOAK IT UP!

For our food editors' favorite braising recipes, hover your smartphone camera here, or visit *marthastewart.com/braising*.

ART DIRECTION BY JAMES MAIKOWSKI; PROP STYLING BY TANYA GRAFF; FOOD STYLING BY REBECCA JURKEVICH

TURKEY MEATBALLS IN APRICOT SAUCE WITH MINT AND ALMONDS

On a Roll

Kids will love the sweetness that apricots lend these spiced turkey meatballs—and the soft, almost fluffy consistency, since they don't get seared. The dried fruit steeps with cinnamon and chicken broth, then gets puréed with onion, melding into a bubbling sauce with a North African feel. Don't bypass chilling the formed balls before plunking them in—this gives the breadcrumbs time to hydrate, and the meat (you can use beef, lamb, or chicken, too) a chance to firm up. Finishing with toasted almonds and mint on top? Well, now you're just showing off.

THE DETAILS: Le Creuset Signature skillet, *9". in Meringue, $150, lecreuset.com.*

ALL IN THE FAMILY

"Sophie and I talk every day—sometimes more than once," Martha says of her niece. Lately the topic has been sourdough, a new shared obsession, and ways to perfect the recipes they've made together, including breads, croissants, and more.

SOURDOUGH SCHOOL

SOURDOUGH CROISSANTS

For all the recipes in this story, see page 99.

Martha has baked more French bread, croissants, and brioche than most people, but she'd never used last year's surprise breakout star: wild yeast. For that, she invited her niece Sophie Herbert Slater, a self-taught expert on the subject, to give us a primer. Don't know your levain from your autolyze? Not to worry. From creating and feeding a starter to baking a magnificent boule, this seminar starts now.

PHOTOGRAPHS BY JOHNNY MILLER | TEXT BY MICHELLE SHIH | CREATED BY SOPHIE HERBERT SLATER AND SARAH CAREY

MARTHA KNOWS CROISSANTS. That's beyond dispute. So when she first tried her niece Sophie Herbert Slater's sourdough version, she knew they were something special. "I tasted one the day after they were baked, and I liked it better than the first day," Martha said. "And they were good even the day after that. I was shocked, in a wonderful way."

Loyal readers of this magazine may remember Sophie as a child pictured in holiday stories. Now she's a counselor and art therapist living in Easton, Connecticut; a married mom of two; and an enthusiastic sourdough baker. When the pandemic hit and she paused her work, that passion filled a void. "I loved being home with my kids, but I needed to feel a sense of agency," Sophie says. She makes fresh bread for her family twice a week, and thought others might like it, too. "I reached out to a few neighbors, and they said, 'We'll buy bread from you!'" Then she concocted those glorious croissants, using the same basic ingredients that go into her sourdough bread, along with butter, milk, and sugar. People started ordering them weekly. Then a friend who owns Sport Hill Farm in Easton suggested she set up a table at their market, and *bam:* She was selling out of 150 croissants in a few hours every Sunday.

Last spring, Sophie also inspired Martha to try her hand at sourdough, and even gave her a starter. "My first loaves were excellent. Then I killed my starter," Martha says with a laugh. But that only gave aunt and niece more reason to bond over bread—and life. "Did Sophie tell you about the orphanage she helped found in India?" Martha asks. "She does good, and her lovely personality extends into her baking." Says Sophie, "She still teaches me so much! The other day, I told her the croissant tips sometimes unfurl during baking, and she said, 'The problem is you're not turning them down and tucking them under.' It seems so basic now. But that's why she's Martha."

Learn the Lingo

STARTER
A mix of active wild yeasts and bacteria used to leaven sourdough bread. You can create your own (see page 99), get some from a friend, or buy it (King Arthur Baking Company sells a reliable one).

LEVAIN
French for *sourdough*. In our recipes, the levain is the first step: A specific amount of starter, flour, and water is mixed together, left to ferment overnight, then used completely in the baking process.

AUTOLYZE
A noun and a verb, this is a method in which you incorporate flour and a liquid (usually water) into the levain and let it rest. This helps the gluten develop, so the dough stretches more easily and your bread has more volume.

SPONGE
This is a looser autolyze, essentially, created by adding a lower proportion of flour-to-liquid to the levain. Sophie uses a sponge in her croissant recipe.

LAMINATE
A verb, meaning to fold and roll out dough that's been wrapped around butter, for flaky pastry like Danishes and croissants.

FOUR FAQS

WHAT *IS* SOURDOUGH?
It's a dough that uses wild yeasts, instead of commercially produced yeast, to rise. Its flavor varies depending on the wild yeast in your starter. It can taste tangy from the natural fermentation, or nutty and sweet.

WHY DO YOU FEED THE STARTER?
Most home bakers keep theirs in the fridge, which slows down the yeast and bacteria growth (a good thing). You will still need to feed it flour and water—once a week, typically—to keep it alive. When you're ready to bake, think of a starter like a pet: The goal is to get it lively again, so feed it a certain amount that brings it to that happy place overnight.

WHY DO YOU DISCARD SOME OF THE STARTER WHEN YOU FEED IT?
The larger your "pet" gets, the more food it needs. But you want to keep it small so it won't overtake your fridge. Unless you bake every day, you'll have extra, which you can either compost or use to replace some of the flour and liquid in recipes like pancakes, crackers, or our banana bread and cookies (pages 88–89).

WHY DO YOU NEED TO FOLD THE DOUGH BY HAND EVERY 30 MINUTES?
It's a gentle way to give the gluten time to develop and build the air pockets that are part of a good loaf. An electric mixer is too rough for this step.

Sourdough, Step by Step

Enlist this process for our boule, croissant, and focaccia recipes.

1. FEED THE STARTER
Adding flour and water "wakes it up" and makes the yeast and bacteria in it grow and multiply. When it's lively, bubbly, and fed, it's ready for baking.

2. MAKE THE LEVAIN
Adding a certain amount of flour and water to a measured amount of starter, then letting it sit out to ferment (usually overnight), deepens the end flavor.

3. PREHYDRATE DOUGH
This is your autolyze/sponge step (see Learn the Lingo, above). Add more flour and liquid and let rest briefly; this fully hydrates the flour and helps the gluten develop.

4. FOLD IT
Forget all the kneading. In sourdough baking, time in contact with water and folding build the gluten, so several rounds of gentle folding will suffice.

5. PROOF IT
This is the final rise before baking. You know dough is properly proofed when you poke a finger into it and the indentation holds or reflattens very slowly.

CROISSANT CLASS

Once your dough is rolled out to a square, it's time to laminate. For the full recipe, see page 100.

1. ENCASE THE BUTTER
Lay a rolled-out mixture of butter and flour in the center of your dough square. Roll the dough corners farther out, so you can drape them over it.

2. FLATTEN THE PACKAGE
Roll the dough-covered butter into an 8-by-24-inch rectangle. It's easiest to push the pin away from your body, Sophie says.

3. FOLD IT IN THIRDS
Bring the bottom third of dough up over the middle, then pull the top third down over that.

4. TURN IT 90 DEGREES
Repeat rolling and folding into thirds at least twice more. The goal is to keep the butter encased in the dough so it will form layers.

5. ROLL OUT THE DOUGH
After refrigerating for at least four hours (and up to overnight), roll out the laminated dough into a 16½-by-23-inch rectangle.

6. CUT IT IN HALF LENGTHWISE
Use a pastry or pizza wheel to trim the edges and divide the dough into two 8-by-22½-inch pieces.

"If the butter starts to ooze out in step 4, just sprinkle a little flour on the spot and put it back in the fridge to firm up before continuing to roll." *–Sophie*

7. MAKE TRIANGLES
Cut each half of the dough into five equal rectangles (each will be 8 by 4½ inches). Cut those rectangles diagonally into 20 triangles.

8. FORM THE CRESCENTS
Turn each triangle so the short side faces you, and roll it away from you, stretching the tip out as you go. Bend each into a crescent, and let rise until puffy.

9. BRUSH ON EGG WASH
To create a glossy, golden exterior, coat each crescent, then bake. "The wash results in beautiful dark-brown stripes," Martha says.

AND . . . ACTION!

To watch a video of Sophie making a batch of these beauties, hover your smartphone camera here, or go to *marthastewart.com/sourdough*.

BEST-IN-SHOW BREAD

For beginners, an Instagram-worthy boule is often the goal. But after one bite of a successful loaf, appearances are an afterthought. If you're still tentative about trying, "buck up!" Martha says with a laugh. "It's only flour and water." Sophie agrees: "You'll have some flops, but practice makes progress," she says. "And sourdough thrives on neglect. More time is more." Another tip: Sophie's trusty bread-baking pot is the cast-iron Challenger. The shallow depth makes it easy to transfer the dough, and the cover seals in steam, which helps a thick crust develop ($295, *challengerbreadware.com*).

TOP-NOTCH TIPS

While Sophie uses a lame—a double-sided blade—to create designs, it's not necessary. If you don't cut the surface, the bread will split open naturally, for a more rustic look. She is, however, a stickler for organic ingredients. She uses flour from Maine Grains (*mainegrains.com*), croissant flour from Central Milling in Utah (*centralmilling.com*), and grass-fed dairy.

SOURDOUGH FOCACCIA

FOCACCIA FOR ALL

If you have limited experience baking bread or sourdough, this recipe is about as forgiving as they come. The technique teaches you the basics, from making the levain and autolyzing to folding. But you just plop the dough onto an oiled sheet pan and press it out for the final rise. Don't worry if it doesn't reach the edges of the pan at first; just let it rest briefly, then try again. And pushing your fingers in to make the classic dents feels so satisfying. The result is thick and crunchy and deliciously olive-oil-laden, like your favorite deep-dish pizza.

MAKING HISTORY
Sophie has two sourdough starters: one she made herself, and another known as the "Black Death starter," which allegedly dates to 1633, when the plague swept through a town in Bavaria where it originated. The irony is not lost on her.

"Turning dough into a pot or pan can be stressful at first. Simply relax and imagine you've done it hundreds of times before." —*Sophie*

Boules, Step by Step

1. SHAPE THE LOAF
With the sides of your hands on the counter, cup the folded dough and drag it toward you, tucking the edges under to meet in a seam. This motion creates tension on the exterior that will help it hold its shape in the oven.

2. TRANSFER
Using a bench scraper, gently transfer the loaf into a basket or bowl, seam-side up. (Baskets made specially for sourdough, called bannetons, leave pretty markings on the loaf—but any bowl works fine.)

3. COVER AND CHILL
Use a cloth to cover the dough and refrigerate it overnight to proof. The slow rise helps flavor develop—plus, it'll be ready to bake in the morning, which means you'll have all day to enjoy your fresh bread.

4. SCORE IT
Gently place the dough seam-side down in a preheated parchment-lined pot. Score it, cover, and bake. You can also put a few ice cubes on top to create more steam, which thickens the crust.

DOUBLE HAPPINESS
For a pretty topper that will bring a smile (or several) to everyone's face, cut two thin slices from a banana (before mashing the rest for the batter) to lay across the top of the loaf pre-bake.

ART DIRECTION BY JAMES MAIKOWSKI; FOOD STYLING BY SARAH CAREY

TWO DELICIOUS WAYS TO USE YOUR DISCARD

1 **Blend It Into Banana Bread**
While the discard replaces some of the usual flour, you won't notice much difference in flavor. What you *will* notice is a slightly denser texture and an almost savory flavor from the use of olive oil, plus delicate sweetness from maple syrup.

2 **Cloak It in Cookies**
The water from the discard makes these slightly cakey, but banging the pans a couple of times partway through baking and browning the butter (a technique borrowed from Edd Kimber, aka the Boy Who Bakes, the first winner of *The Great British Bake Off*) add chewiness, and the butter lends a toasty note.

"When Sophie brings these, you want to eat all of them—and I'm not in a position to eat a dozen chocolate-chip cookies. They're tender, they're chocolaty. They're different." *—Martha*

SOURDOUGH CHOCOLATE-CHIP COOKIES

WESTERN *Wonder*

When a couple moved to a rugged ridge above Santa Fe, New Mexico, nearly a decade ago, they wanted a full-fledged garden, despite the area's extreme weather swings. Working with a local firm that specializes in native plants and sustainability, they created a colorful expanse that provides soft textures, vivid surprises, and a strong connection to the vast landscape surrounding them.

PHOTOGRAPHS BY CAITLIN ATKINSON
TEXT BY JENNIFER JEWELL

PURPLE MAJESTY

A flourishing border delivers a graceful transition from the formal courtyards near Mark and Karen Still's home to their free-spirited wildflower meadow on the far side of the path. It overflows with long-season bloomers, like terra-cotta yarrow (*Achillea millefolium* 'Terra Cotta'), Korean feather reed grass (*Calamagrostis brachytricha*), globe thistle (*Echinops ritro*), spires of *Agastache* 'Blue Fortune', and purple coneflower (*Echinacea purpurea*).

THE HIGH DESERT north of Santa Fe has an ancient and austere beauty, marked by deep valleys, stark mountains, and stunning mesas. Since 2012, Karen and Marc Still have made their home there, on the Tano Point bluff, encircled by incredible views. The Sangre de Cristo and Jemez mountain ranges lie to the east and west; the New Mexico badlands stretch to the north; and at night, the lights of Santa Fe twinkle to the south. It's a big place to live, dramatic and awe-inspiring.

Karen, an interior designer, and Marc, an investment banker, met and fell in love in Dallas. The hitch? Karen was moving to Santa Fe. Marc wisely followed his heart, and they soon relocated to a breathtaking property they found together. They married in the small chapel on their land, then spent the first five years renovating their midcentury Pueblo Revival–style house, which was designed by the late architect John Gaw Meem. Karen, a lifelong gardener, started a vegetable plot and orchard in those early days, then turned to the larger expanse. She wanted a bold landscape that would complement, not compete with, the surroundings. "A house is not a home without a garden to ground you," she says.

In 2017, the Stills hired landscape architect Kenneth Francis, a partner at the multidisciplinary design firm Surroundings Studios, known for sustainability and a rich understanding of the region's water challenges. With his colleague, native-plant expert Joseph Charles, he drafted a plan featuring perennial borders, courtyards, and a wildflower meadow.

"Our mission was for the meadow to be a showstopper," says Francis. But it also had to be tough. Temperatures can plummet 40 degrees from day to night in summer. Monsoons gush then, too, while precipitation tapers in late winter. And winds often surpass 60 miles per hour in spring. Contractors from El Toro Landscape began installation in 2017, before the July rains. To create distinct waves of color, they dug in one-to-five-gallon pots of hardy perennials, then scattered native grasses and wildflower seeds. The first three years after planting required irrigation and vigilant weeding to remove invasive species, but now the area is remarkably hands-off: A smart drip-watering system turns on only during dry spells.

Today, the meadow ripples from the house and down the southern slope toward the valley, evolving from the cool purples and pinks of *Agastache* and coneflowers to the warmer hues of blanketflower, coreopsis, and feathery giant sacaton grass, all of it thrumming with pollinators. "When the sun hits those wildflowers in the afternoon, it's magical," says Karen. "Everything is in intense focus: the colors, the forms, the shadows. You feel everything that's been there before you."

A SILVER PALETTE

The couple wanted the formal courtyards outside their home to be cooling and calming. Under a native piñon pine, landscapers planted low-growing *Teucrium aroanium* and fuzzy lamb's ear (*Stachys byzantina*), as well as taller, lavender-blooming *Salvia officinalis;* violet-flowering *Nepeta* 'Six Hills Giant'; and wheat-colored seed heads of Korean feather reed grass (*Calamagrostis brachytricha*). Clay oil pots are filled with Karl Foerster feather reed grass (*Calamagrostis* x *acutiflora* 'Karl Foerster') and purple potato vine (*Ipomoea*).

SUPER GREENS

Set on a sheltered southeastern slope, Karen's kitchen garden serves as her playground and her pantry. "It is wild and sprawling, carefree and gorgeous," she says of her sustainable and highly productive plot, which overflows with herbs, beans, tomatoes, and peppers. It's also home to 20 chickens, which eat scraps and provide manure (along with delicious eggs). Karen starts seeds indoors in winter and plants them in the ground in June (except for peas, which she sows every March). She also hand-scatters flower and some vegetable seeds, "leaving things where they want to be." Come summer, corn, sunflowers, squashes, hollyhocks, and herbs happily intertwine.

LIKE A RAINBOW

In 2017, contractors seeded the meadow with a native wildflower mix from Santa Fe's Plants of the Southwest that includes yellow *Coreopsis* sp., Mexican hat (*Ratibida* sp.), and blanketflower (*Gaillardia* sp.), and supplemented it with larger specimens such as giant sacaton grass (*Sporobolus wrightii*), *Agastache* 'Blue Fortune', allium, and purple coneflower (*Echinacea purpurea*). In the background stands a regal native piñon pine. In midwinter, after birds have nibbled up the seed heads, landscapers cut back the meadow, leaving the grasses to play in the wind and low light before everything starts growing again in spring. To read more about this garden and many others, check out *Under Western Skies: Visionary Gardens From the Rockies to the Pacific*, by Caitlin Atkinson and Jennifer Jewell (Timber Press), coming this April.

The Workbook

| RECIPES FROM THIS ISSUE |

Ready to roll in the kitchen? For all of this month's recipes, read on.

PHOTOGRAPH BY JOHNNY MILLER

GOOD THINGS

PAGE 17

Cheater's Mac and Cheese

Replacing a traditional béchamel sauce with cream cheese, which melts almost instantly, makes this recipe ultraspeedy. Feel free to swap in other vegetables, such as fresh or frozen cauliflower florets or peas, for the broccoli.

- **4 ounces short pasta, such as penne**
- **Kosher salt and freshly ground black pepper (optional)**
- **1½ cups fresh or frozen broccoli florets**
- **2½ ounces cream cheese (⅓ cup)**
- **1 tablespoon unsalted butter**
- **½ ounce Parmigiano-Reggiano, finely grated (⅓ cup), plus more for serving**

1. Cook pasta in a pot of generously salted boiling water 2 minutes less than per package instructions. Reserve 1 cup pasta water and cover to keep warm. Add broccoli to pot; continue boiling until pasta is al dente and broccoli is bright green, 1 to 2 minutes more. Drain. Return pot to medium heat; add cream cheese, butter, and ⅔ cup reserved pasta water. Cook, stirring, until mixture is smooth and simmering. Remove from heat; stir in pasta, broccoli, and Parmigiano-Reggiano.

2. Toss with more pasta water as needed until sauce clings to pasta. Serve with more Parmigiano and black pepper.

ACTIVE TIME: 10 MIN. | **TOTAL TIME:** 20 MIN.
SERVES: 2

SLOW & STEADY

PAGE 76

Salmon Fricassee

To make this recipe gluten-free, replace the all-purpose flour with rice flour or Cup4Cup flour.

- **4 skin-on salmon fillets (each about 6 ounces), preferably Wild Alaskan**
- **Kosher salt and freshly ground white pepper**
- **2 tablespoons unsalted butter**
- **1 tablespoon extra-virgin olive oil**
- **2 shallots, finely chopped (1 cup)**
- **1 celery stalk, cut into a ¼-inch dice (½ cup)**
- **1 small fennel bulb, cored and cut into a ¼-inch dice (1 cup), plus tender fronds for serving**
- **6 ounces cremini mushrooms, halved or quartered if large (1½ cups)**
- **4 teaspoons unbleached all-purpose flour**
- **½ cup dry white wine, such as Sauvignon Blanc**
- **2 bottles (each 8 ounces) clam juice, or 2 cups fish stock, such as Bar Harbor**
- **2 tarragon sprigs, plus picked leaves, sliced if large, for serving**
- **1 small dried bay leaf, or half a large leaf**
- **2 large egg yolks, room temperature**
- **¼ cup heavy cream, room temperature**
- **2 tablespoons fresh lemon juice**
- **Cooked white rice or crusty bread, for serving**

1. Season salmon with salt and pepper. Heat a large straight-sided skillet or wide, shallow pot over medium-high; add 1 tablespoon butter and oil. When foam subsides, add salmon, skin-sides down. Cook, undisturbed, until skin is crisp and fish turns opaque halfway up sides, about 5 minutes (if butter begins to brown, lower heat). Transfer salmon to a plate, skin-sides up.

2. Reduce heat to medium-low; add shallots, celery, fennel, and mushrooms, scraping up any browned bits from bottom of skillet; season with salt and pepper. Sauté, stirring occasionally, until vegetables soften but don't develop color and mushrooms become glossy, 7 to 9 minutes. Stir in flour; cook 1 minute. Add wine and bring to a boil, stirring constantly, until liquid just thickens, about 30 seconds. Add clam juice, tarragon sprigs, and bay leaf. Bring to a simmer, then partially cover, reduce heat to medium-low, and simmer 10 minutes.

3. Return salmon to skillet, skin-sides up, along with any accumulated juices. Partially cover and continue simmering until just cooked through, 4 to 5 minutes. Transfer salmon to a plate; remove and discard herbs.

4. In a small bowl, whisk together egg yolks and cream. Slowly pour in ½ cup cooking liquid, whisking constantly. Stir cream mixture into skillet. Add remaining 1 tablespoon butter and lemon juice, stirring until butter melts. Return salmon, skin-sides up, and any accumulated juices to skillet; simmer, uncovered, 30 seconds. Top with tarragon leaves and fennel fronds and serve with rice or bread.

ACTIVE TIME: 45 MIN. | **TOTAL TIME:** 1 HR. 20 MIN. | **SERVES:** 4

Recipe Index

STARTERS, SALADS & SIDES

Buttery Leeks With Parmesan and Thyme 98
Cooked Lentils 64
Dandelion, Red Onion, and Walnut Salad 60
Salt-and-Pepper Matzoh 60
Sourdough Banana Bread 102
Sourdough Focaccia 101

MAINS

Buffalo Chicken Breasts recipe card
Cheater's Mac and Cheese 97
Chile-Braised Beef, Two Ways 98
Herb-Coated Beef Tenderloin With Roasted-Garlic Aioli 60
Potato Gnocchi 56
Rosemary Chicken With Tomato and Olives 98
Salmon Fricassee 97
Shrimp-Scampi Pan Bake recipe card
Sweet-and-Spicy Pork Chops recipe card
Turkey Meatballs in Apricot Sauce With Mint and Almonds 99
Warm Lentil-and-Cauliflower Salad recipe card

DESSERTS

Lamington Thumbprint Cookies 66
Sourdough Chocolate-Chip Cookies 102

OTHER

Creamy Tomato Sauce 56
Quick Vegetable Broth 50
Sourdough Boules 101
Sourdough Croissants 100
Sourdough Starter 99

The Workbook

Buttery Leeks With Parmesan and Thyme

Braised leeks usually sear and simmer on the stove top; these cook in the oven and are nearly hands-off.

- **2 pounds small-to-medium leeks (6 to 8)**
- **½ cup dry white wine, such as Sauvignon Blanc**
- **1 cup low-sodium vegetable or chicken broth**
- **Kosher salt and freshly ground pepper**
- **3 tablespoons unsalted butter, cut into cubes**
- **4 thyme sprigs**
- **1 ounce Parmigiano-Reggiano, grated (½ cup)**

1. Preheat oven to 400°. Trim dark-green tops and root ends from leeks and discard; halve lengthwise. Remove thick, tough outer layers (2 to 4 total, depending on size), discarding or reserving for another use. Thoroughly wash and drain leeks, keeping them intact. Arrange in a snug single layer, cut sides up, in a broiler-safe baking dish or skillet.

2. In a small saucepan, boil wine 30 seconds. Add broth and return to a boil; season generously with salt and pepper. Pour mixture over leeks, then sprinkle with butter and thyme. Cover dish with parchment-lined foil.

3. Roast 45 minutes. Uncover and continue roasting until leeks are very soft and broth mixture is reduced by half, 20 to 22 minutes.

4. Switch oven to broil. Sprinkle leeks with cheese. Broil 6 to 8 inches from heating element until bubbly and browning in places, 3 to 5 minutes. Serve warm, with some of braising liquid.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 1 HR. 30 MIN. | **SERVES:** 6

Rosemary Chicken With Tomato and Olives

Browning the chicken on the stove top, then cooking it in the oven uncovered, ensures crisp skin and allows the braising liquid to reduce to a sauce at the same time.

- **6 whole chicken legs (3 to 3½ pounds total), patted dry**
- **Kosher salt and freshly ground pepper**
- **2 tablespoons extra-virgin olive oil**
- **1 tablespoon minced garlic (from 2 to 3 cloves)**
- **1 tablespoon capers, drained, or rinsed if salt-packed**
- **1 teaspoon minced anchovies (from 2 to 3 fillets)**
- **3 rosemary sprigs (each 4 inches)**
- **¼ teaspoon red-pepper flakes**
- **1 can (28 ounces) whole peeled tomatoes in juice, crushed by hand or pulsed a few times in a blender until chunky**
- **1 cup low-sodium chicken broth or water**
- **¾ cup pitted mixed olives**
- **Mashed potatoes or creamy cooked polenta, for serving (optional)**

1. Preheat oven to 375°. Season chicken with salt and pepper. Heat a large ovenproof straight-sided skillet or braiser over medium-high. Swirl in oil. Working in two batches if necessary, add chicken, skin-sides down, and cook, undisturbed, until golden brown and crisp, 6 to 8 minutes. Flip and brown other sides, 4 to 5 minutes more. Transfer to a plate; drain all but 2 tablespoons fat from skillet.

2. Reduce heat to medium. Add garlic, capers, anchovies, rosemary, and red-pepper flakes to skillet. Cook, stirring occasionally, until fragrant, about 1 minute. Add tomatoes and broth; bring to a simmer, scraping any browned bits from bottom of skillet. Continue to simmer until thickened slightly, about 10 minutes. Season to taste. Return chicken to skillet, skin-sides up, along with any accumulated juices and olives.

3. Transfer skillet to oven and braise, uncovered, until chicken is cooked through and liquid is reduced to a thick gravy, 40 to 45 minutes. Remove and discard rosemary. Serve over mashed potatoes or polenta.

ACTIVE TIME: 40 MIN. | **TOTAL TIME:** 1 HR. 45 MIN. | **SERVES:** 4 TO 6

Chile-Braised Beef, Two Ways

Traditionally prepared with goat meat and popular in Jalisco, Mexico, birria is more commonly prepared today with large, inexpensive cuts of beef, such as chuck.

- **3 pounds beef-chuck roast, halved**
- **Kosher salt**
- **1 large white onion, halved lengthwise and peeled, plus more, chopped, for serving**
- **1 head garlic, cloves separated and peeled (10 to 12)**
- **2 dried bay leaves**
- **6 guajillo or puya chiles, stems and seeds removed**
- **2 ancho chiles, stems and seeds removed**
- **3 chiles de arból, stems and seeds removed**
- **4 plum tomatoes (about 1 pound total), cored**
- **3 tablespoons apple-cider vinegar**
- **1 teaspoon ground cinnamon**
- **¼ teaspoon ground cloves**
- **1 teaspoon cumin seeds**
- **2 teaspoons fresh oregano leaves, or ¾ teaspoon dried**
- **Fresh cilantro and lime wedges, for serving**
- **Julienned or sliced radishes and diced avocado, for serving (optional)**
- **6-inch corn tortillas, vegetable oil, and hot sauce (if making tacos)**

1. Place beef in a large pot and season with 1 tablespoon salt. Add 1 onion half, 5 garlic cloves, bay leaves, and enough water to cover meat by 1 inch (8 to 10 cups). Bring to a boil, skimming impurities from surface. Cover, reduce heat to medium-low, and simmer until tender enough to easily pierce with the tip of a knife, about 2 hours.

EASY CLEAN

Line a sheet pan with foil before roasting vegetables, and skip the scrubbing.

BROUGHT TO YOU BY REYNOLDS WRAP®

2. Meanwhile, preheat broiler, with rack 6 to 8 inches below heating element. Arrange chiles on a rimmed baking sheet. Broil with oven door cracked open, turning once, until blistered in places on both sides, fragrant, and beginning to smoke, 30 to 45 seconds. Transfer to a saucepan. Arrange tomatoes and remaining onion half and garlic cloves on baking sheet. Broil, turning a few times, until blistered in places and beginning to soften, 8 to 10 minutes. Transfer to saucepan with chiles; add

enough water to just cover vegetables (4 to 5 cups). Bring to a boil, then reduce heat to medium-low and simmer, uncovered, 10 minutes. Strain, reserving 1 cup cooking liquid, and transfer to a blender with reserved liquid, vinegar, cinnamon, cloves, cumin, oregano, and 2 teaspoons salt. Purée until smooth.

3. Transfer beef to a plate and strain broth through a fine-mesh sieve, discarding solids. Return beef to pot with 5 cups broth and puréed chiles mixture (any remaining broth can be cooled and stored in an airtight container in the refrigerator up to 1 week, or frozen up to 6 months; if you'll be serving the dish as a soup, reserve and keep warm). Bring to a boil. Partially cover, reduce heat to medium-low, and simmer until beef is fork-tender, 1½ to 2 hours more. Shred meat into bite-size pieces.

4. To serve as a soup, add reserved warm broth to pot, a little at a time, to reach desired consistency (it should be soupy but still have some body to it). Scatter with chopped onion and cilantro and serve, topped with radishes and avocado, with lime wedges alongside.

5. To make tacos, dip tortillas into chile broth, flipping to fully coat, and transfer to a plate, stacking them one on top of another. Fill each with about ⅓ cup shredded beef and a little more chile broth. Fold in half. Heat a generous slick of oil over medium-high in a large, heavy skillet, such as cast iron. When it shimmers, add tacos in a single layer and cook, flipping once (if browning too quickly, reduce heat to medium) until crisp and golden brown in places, about 2 minutes per side. Serve with chopped onion, cilantro, hot sauce, and lime wedges.

ACTIVE TIME: 35 MIN. | **TOTAL TIME:** 5 HR. 10 MIN. (PLUS 10 MIN. MORE, IF MAKING TACOS) | **SERVES:** 8

Turkey Meatballs in Apricot Sauce With Mint and Almonds

To keep this recipe kosher for Passover, replace the breadcrumbs with matzoh meal and the butter with olive oil or margarine. You can also swap in ground chicken, beef, lamb, or a plant-based meat substitute, such as Beyond Beef, for the turkey.

- **2 tablespoons extra-virgin olive oil**
- **1 medium red onion, finely chopped (2 cups)**
- **2 tablespoons minced garlic (from 4 to 5 cloves)**
- **2 tablespoons minced fresh ginger (from a 2-inch piece)**
- **1¼ teaspoons coriander seeds, crushed**
- **1 teaspoon ground turmeric**
- **Kosher salt and freshly ground pepper**
- **⅓ cup dried breadcrumbs or matzoh meal**
- **3 cups low-sodium chicken broth**
- **1 pound ground turkey (preferably dark meat)**
- **¼ cup chopped fresh mint leaves, plus more whole leaves for serving**
- **1 large egg, beaten**
- **½ cup dried Turkish apricots (3 ounces)**
- **1 small cinnamon stick**
- **3 tablespoons unsalted butter**
- **1 tablespoon tomato paste**
- **½ cup sliced almonds**

1. Heat 1 tablespoon oil in a large straight-sided skillet or braiser over medium. Add onion and cook, stirring occasionally, until soft but no color has developed, about 5 minutes. Remove half of onion and reserve. Add remaining 1 tablespoon oil, garlic, ginger, coriander, turmeric, and ½ teaspoon pepper to onion in skillet, stirring to combine. Cook until fragrant, about 45 seconds. Transfer to a large bowl, reserving skillet (do not wipe clean); stir breadcrumbs and ¼ cup broth into bowl with spiced onion. Let cool slightly.

2. Add turkey, mint, egg, and 1½ teaspoons salt to bowl, gently stirring to combine (do not overwork, or meatballs with be tough). With dampened hands, form into golf-ball-size meatballs and transfer to a parchment-lined tray (you should have about 20, each roughly 2 inches in diameter). Refrigerate until firm, about 30 minutes or, loosely covered, up to 1 day.

3. Meanwhile, combine apricots, cinnamon stick, and remaining 2¾ cups broth in a small saucepan. Bring to a boil, then reduce heat to low and simmer, covered, until apricots are very soft and plump, about 15 minutes. Let cool slightly; discard cinnamon. Transfer to a blender with reserved onion and purée until smooth.

4. Melt 2 tablespoons butter in reserved skillet over medium-high. Add tomato paste and cook, stirring, until fragrant, about 1 minute. Stir in apricot mixture and bring to a boil. Gently nestle meatballs into sauce. Lower heat, partially cover (leaving about a 1-inch steam vent), and simmer, turning meatballs a few times, until almost cooked through and sauce has thickened and darkened slightly, 15 to 17 minutes.

5. Uncover and continue to simmer until sauce reduces to a thick gravy, about 5 minutes more. Meanwhile, melt remaining 1 tablespoon butter in a small skillet over medium heat. Add almonds and cook, stirring occasionally, until nutty and golden in places, 2 to 3 minutes. Top meatballs with almonds and mint leaves; serve.

ACTIVE TIME: 40 MIN. | **TOTAL TIME:** 1 HR. 50 MIN. | **SERVES:** 4

SOURDOUGH SCHOOL

PAGE 82

Sourdough Starter

This recipe, adapted from Artisan Bryan (*artisanbryan.com*), calls for a combination of flours; the rye flour helps speed up the process. Once the starter is established, you can continue to feed with a mix, or transition to entirely white flour (as we do). Note that you don't add any yeast yourself; instead, you allow the wild yeast present in the flour to develop over time. To ensure your starter is ready to bake with, always feed it a day before you plan to mix your levain. If you are very confident it's lively enough—it has reliably doubled in volume after feeding and is stretchy and webby—you can replace the levain in the following recipes with fed starter equal in weight to the parts of the levain combined. (For instance, for the croissants, you would use 255 grams.)

- **100 grams organic rye flour**
- **200 grams unbleached organic all-purpose or bread flour, plus more for feeding**
- **Lukewarm water**

1. Mix together both flours. Measure 45 grams flour mixture (about ¼ cup), setting the rest aside. Place in a bowl or container (we use a quart takeout container, so it's easy to watch grow). Add a scant ¼ cup lukewarm water (45 grams) and mix until it creates a thick batter. Keep at room temperature, covered with a kitchen towel.

2. Repeat feedings of 45 grams each water and flour mixture once a day at the same time, mixing with a rubber spatula, for 4 days. In the beginning you won't notice much movement; by the end, the starter should appear lively, with a bubbly appearance.

3. On the 5th day, switch to entirely white flour and water, and start feeding twice—once in the morning and once at night. (At first

you may smell some strong, not-very-pleasant smells, but eventually the starter will smell nutty and a little sour but pleasant.) Once it ferments—predictably rises, doubling in volume and creating a porous, webby-looking mixture after feedings—it is ready to use; this took us about 7 days. From this point, refrigerate your starter completely covered with the container lid.

4. Start a regular feeding schedule—at least once or twice a week. For each feed, to maintain a large starter, remove all but 100 grams (discard the rest, or use for another purpose, such as our banana bread and cookies recipes on page 102), and add 100 grams each all-purpose flour and water. To maintain a smaller starter, remove 40 grams (discarding or using the rest), and feed with 40 grams each all-purpose flour and water. In the latter case, you may need to build your starter up to have amounts you'll need for recipes with leftover to maintain it; just feed without discarding for a couple of days in advance of when you'll need it.

ACTIVE TIME: 1 HR. | **TOTAL TIME:** 1 WEEK
MAKES: AS MUCH AS YOU WANT!

Sourdough Croissants

For this recipe, Sophie was inspired by the blog Baking Sense (*bakingsense.com*). Instead of an autolyze, it calls for a sponge (i.e., you only add some of the flour at this stage). If you start the dough around 8 or 9 a.m., you should be able to make the dough, laminate, roll out, cut, and shape by late evening (saving you work in the morning). If you start later, roll and shape them the next morning.

LEVAIN

- **85 grams fed Sourdough Starter (see recipe, page 99; about a generous ⅓ cup)**
- **85 grams unbleached organic all-purpose flour (about ½ cup plus 2 tablespoons)**
- **85 grams lukewarm water (⅓ cup plus 1 tablespoon)**

DOUGH

- **380 grams whole milk (1⅔ cups), warmed to 100°**
- **575 grams unbleached organic all-purpose flour (4¼ cups), plus more for dusting**
- **84 grams sugar (⅓ cup)**
- **15 grams fine sea salt (2¾ teaspoons)**
- **Neutral oil, for bowl**

BUTTER PACKAGE

- **4 sticks unsalted butter, softened**
- **15 grams unbleached organic all-purpose flour (2 tablespoons)**
- **2 large egg yolks**
- **2 tablespoons heavy cream**

1. Levain: On day 1 at night, mix together starter, flour, and water in a large bowl. Cover with a damp kitchen towel or a large plate and let stand at room temperature 8 to 10 hours.

2. Dough: On day 2 in the morning, make a sponge: Dissolve levain in warmed milk, stirring or whisking to combine. Add 300 grams flour (2¼ cups) and mix to combine; sponge should feel like a thick batter. Let stand 30 minutes.

3. Stir sugar and salt into sponge, then add remaining 275 grams flour (2 cups); stir to combine. Knead with floured hands on a lightly floured surface about 4 minutes. Wash and lightly oil bowl and return dough to it. Cover with a large plate or a damp kitchen towel. Let stand 30 minutes.

4. With dampened hands, grab underside of dough, stretch it out, and fold it back over itself. Rotate bowl one quarter-turn. Repeat 6 times. Cover with cloth and let stand 30 minutes. Repeat folding process every 30 minutes until dough feels pillowy and elastic, and has increased in volume about 50 percent—a total of 6 to 8 times, 3½ to 4½ hours. Cover and let stand 1 hour, then refrigerate 30 minutes along with butter package (see step 5; this is so they have the same temperature and a similar texture, which makes them much easier to work with).

5. Butter package: During last resting of dough, combine butter and flour in the bowl of a mixer and beat on medium speed to combine. Transfer to a piece of parchment, top with a second piece of parchment, and roll out to a 7-by-7-inch square. Transfer to a baking sheet and refrigerate 30 minutes (when ready, package should be waxy and pliable, not rock-solid).

6. Turn rested and chilled dough onto a floured surface; let stand 10 minutes. Roll out to a 10-by-10-inch square. Place butter package in center of dough. Roll corners of dough out another 5 inches. Lift one side at a time over butter package, enclosing it in dough; pinch seams to seal. Give dough a few firm knocks along its seams with side of rolling pin.

7. Roll dough out to an 8-by-24-inch rectangle. Fold into thirds like a letter (bottom 8 inches of dough up, then top 8 inches down over that). Turn so seam faces side; repeat this rolling and folding process once more. (If butter starts to ooze out, put dough on a baking sheet and refrigerate for 10 to 15 minutes before rolling out further.) Place folded dough on a baking sheet and refrigerate 30 minutes. Repeat rolling-and-folding process once more (the third turn). If time permits and you have energy, repeat one more time after another 30-minute rest in refrigerator. Roll dough out until it begins to spring back (this is just to get a jump-start on the final rolling), then transfer to a baking sheet lined with parchment. Cover and refrigerate at least 8 hours and up to 1 day. (It is possible to roll and shape after a shorter rest of about 4 hours, but the longer rest makes the dough easier to work with.)

8. On day 3 in the morning, line 2 baking sheets with parchment. Place chilled dough on a floured surface and roll into a 23-by-16½-inch rectangle. (If you find that it is springing back, or a lot of butter is oozing out, transfer to refrigerator for a few minutes. If small patches of dough break, exposing butter, sprinkle with some flour to cover and refrigerate briefly.) Trim edges straight. Starting at one short end, use a pizza or pastry wheel to cut dough in half lengthwise, so you have two 22½-by-8-inch strips. (If your dough feels unwieldy, briefly refrigerate.) Cut each strip into 5 rectangles, each about 4½ by 8 inches. Cut from one bottom corner to opposite top corner of each rectangle, creating two triangles.

9. Arrange triangles on work surface, with shortest sides nearest you and long, pointed ends farthest from you. Gently stretch width of short ends slightly. Then roll croissants toward pointed ends, holding onto the points and gently tugging to elongate as you roll. Bend either end of croissants toward middle slightly to form crescent shapes. Place croissants on prepared baking sheets, spaced about 3 inches apart, tucking points under shaped crescents so they don't unfurl in the oven. (You should be able to fit 10 on each half sheet pan.) Drape with plastic wrap and let stand at room temperature until puffed, expanded by about 60 percent, and very soft, 2 to 3 hours. (Or, if you are shaping the night before baking, place all the croissants on a single baking sheet and refrigerate overnight, as they won't really expand much. Remove about 3 hours before you want to bake, divide them between 2 sheets, and allow to proof as above; it could take slightly longer, given that they are cold.)

10. Preheat oven to 400°. Whisk together egg yolks and cream. Brush proofed croissants evenly with egg wash and bake, rotating pans from top to bottom and back to front halfway through, until puffed, golden brown, and baked through, 25 to 28 minutes. Let cool on sheets on wire racks 15 minutes, then transfer directly to racks and let cool completely. (Croissants are excellent the day they're made, but if making ahead, let cool completely, then freeze in resealable plastic bags. To serve, wrap in parchment-lined foil and reheat from frozen in a 350° oven until just heated through, about 10 minutes.)

ACTIVE TIME: 1 HR. 5 MIN. | **TOTAL TIME:** 3 DAYS | **MAKES:** 20

Sourdough Boules

LEVAIN

- **50 grams fed Sourdough Starter (see recipe, page 99; about ¼ cup)**
- **75 grams unbleached organic bread or all-purpose flour (½ cup plus 1 tablespoon), plus more for dusting**
- **75 grams lukewarm water (⅓ cup)**

DOUGH

- **575 grams lukewarm water (2½ cups)**
- **750 grams unbleached organic bread flour (5¾ cups)**
- **17 grams fine sea salt (1 tablespoon)**

1. Levain: On day 1 at night, mix together starter, flour, and water in a large bowl. Cover with a damp kitchen towel or a large plate and let stand at room temperature 10 to 12 hours.

2. Dough: On day 2 in the morning, make an autolyze: Add 525 grams (2¼ cups) water to levain, stirring to dissolve. Stir in flour, using a rubber scraper and then your hands to fully incorporate. (Autolyze should not feel too wet or sticky; if it does, add more flour. Err on the side of a drier dough, especially as you will be adding more water later.) Cover bowl with a damp kitchen towel; let stand at room temperature at least 30 minutes and up to 4 hours.

3. Dissolve salt in remaining 50 grams water (about ¼ cup). Incorporate into dough by squeezing it in with your hands. Cover and let stand 30 minutes.

4. With dampened hands, grab underside of dough, stretch it out, and fold it back over itself. Rotate bowl one quarter-turn and repeat 6 more times. Cover and let stand 30 minutes. Repeat process 5 more times, letting dough stand 30 minutes between each. After final folding, dough should be soft and elastic; let rest 30 minutes more (this step should take about 3½ hours total).

5. Turn rested dough out onto a lightly floured surface. Divide into two pieces with a bench scraper or a sharp knife. Using your hands, shape each into a loose round, rotating as you go. Let stand about 10 minutes. Meanwhile, flour 2 banneton baskets or kitchen-towel-lined bowls.

6. With floured hands, fold edges of dough into center to create a tighter bundle: Start by folding edge closest to you in toward center. Then fold in sides, as if creating an envelope; finally, fold top edge down. Flip dough seam-side down. Using both hands, and keeping the sides of your hands in contact with work surface, cup side of dough farthest from you and gently drag it down toward your body in a half-circle motion, simultaneously using the side of your hand to tuck edges under dough round. (This will create tension on the outside of the dough, which is necessary to maintain the shape of the finished loaf.) Continue rotating and dragging until dough is taut, smooth, and uniformly round, 3 to 4 more turns.

7. Use bench scraper to gently transfer shaped round to a prepared banneton or bowl, seam-side up. Repeat with second piece of dough and banneton. Cover with damp kitchen towels and refrigerate at least 8 hours and up to 1 day.

8. On day 3, line a 6-quart or larger Dutch oven with a square of parchment (to prevent dough from sticking to bottom) and cover with lid. Place in oven on lower rack and preheat to 500°. Meanwhile, take dough out of refrigerator. (It does not have to return all the way to room temperature.)

9. Invert one dough, seam-side down, into preheated Dutch oven (or first into your hands to round it out, then into Dutch oven). Use a bread lame, razor, or knife to score top of loaf. Drop a couple of ice cubes on top (optional), cover, and bake 20 minutes. Reduce temperature to 450°; bake 10 minutes. Remove lid and bake until crust is dark golden brown and boule sounds hollow when tapped, 15 to 25 minutes more.

10. Remove from oven; transfer loaf to a wire rack and let cool completely. Let Dutch oven cool 10 minutes before cleaning it out and repeating entire process with second loaf. (If you have two Dutch ovens, you can bake both loaves at the same time.) Cooled loaves last about 2 to 3 days, well-wrapped at room temperature. Or cut them into quarters or slice, place in freezer bags, and freeze up to 1 month.

ACTIVE TIME: 35 MIN. | **TOTAL TIME:** 3 DAYS
MAKES: TWO 9-INCH BOULES

Sourdough Focaccia

LEVAIN

- **30 grams fed Sourdough Starter (see recipe, page 99; about 3 tablespoons)**
- **35 grams unbleached organic all-purpose flour (3 tablespoons)**
- **35 grams lukewarm water (2 tablespoons plus 2 teaspoons)**

DOUGH

- **290 grams lukewarm water (1⅓ cups)**
- **295 grams unbleached organic all-purpose flour (2 cups)**
- **181 grams unbleached organic bread flour (1¼ cups)**
- **15 grams fine sea salt (2¾ teaspoons), plus more for seasoning**
- **60 grams extra-virgin olive oil (¼ cup), plus more for drizzling**
- **Flaky sea salt, such as Jacobsen**
- **1 cup cherry tomatoes, halved (optional)**
- **2 tablespoons tender rosemary leaves or small sprigs**

1. Levain: On day 1 at night, mix together starter, flour, and water in a large bowl. Cover with a damp kitchen towel or a large plate and let stand at room temperature 10 to 12 hours.

2. Dough: On day 2 in the morning, make an autolyze: In a large bowl, dissolve levain in water. Add both flours and stir to combine. Cover with a damp kitchen towel and let stand at room temperature 1 hour.

3. Sprinkle autolyze with salt; drizzle with 1 tablespoon oil. Pinch and fold several times to incorporate. Cover and let stand 30 minutes.

4. With dampened hands, grab underside of dough, stretch it out, and fold it back over itself. Rotate bowl one quarter-turn and repeat 6 times. Cover and let stand 30 minutes. Repeat process 4 more times (about 3 hours total). After final folding, you should have a soft, elastic dough.

5. Drizzle remaining 3 tablespoons oil evenly into a 9½-by-12½-inch rimmed baking sheet or a 9-by-12-inch baking pan. Scrape dough onto sheet and pat out to flatten, pushing it into edges. (If it springs back, cover and let stand 10 minutes, then continue until dough fills pan.) Drape with plastic wrap. (Dough can be made to this point and refrigerated up to 24 hours.)

6. Let dough stand until it is bubbly and soft and almost reaches top of pan, about 2 hours (or 3, if it's been refrigerated). Preheat oven to 450°. Use your fingers to make dents all over top of dough. Drizzle generously with oil and

sprinkle with flaky salt. Season tomatoes with fine salt and scatter over dough. Sprinkle with rosemary. Place a foil-lined rimmed baking sheet on lowest rack (to catch any oil overflow). Bake focaccia on center rack until golden brown and cooked through, 25 to 30 minutes. Let cool on sheet on a wire rack 10 minutes, then transfer directly to rack and let cool completely. (You may need to run a spatula underneath to release it.) Focaccia is best served the day it's made, but can be stored in an airtight container at room temperature up to 2 days.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 2 DAYS
SERVES: 10 TO 12

Sourdough Banana Bread

- **⅓ cup extra-virgin olive oil, plus more for brushing (or vegetable cooking spray)**
- **1¾ cups unbleached organic all-purpose flour**
- **¾ teaspoon ground cinnamon**
- **¼ teaspoon freshly grated nutmeg**
- **1 teaspoon baking powder**
- **½ teaspoon baking soda**
- **¾ teaspoon fine sea salt**
- **3 to 4 small bananas**
- **¾ cup sourdough discard (see Sourdough Starter recipe, page 99)**
- **½ cup pure maple syrup**
- **2 large eggs, room temperature, beaten**
- **Sugar, for sprinkling (optional)**

1. Preheat oven to 350°. Coat a 9-by-5-inch loaf pan with olive oil or cooking spray. Whisk together flour, cinnamon, nutmeg, baking powder, baking soda, and salt.

2. Slice 2 thin lengthwise slices from one banana (optional); mash unsliced portion of that banana with 2 more bananas. Measure 1¼ cups mashed banana into a bowl (if you don't have enough, mash in remaining one); whisk in sourdough discard to combine. Whisk in oil, maple syrup, and eggs. Stir in dry ingredients. Transfer to prepared pan. Top with banana slices, gently pressing into batter slightly to adhere. Sprinkle with sugar, for a crackly crust.

3. Bake until a tester inserted into center of loaf comes out clean, 1 hour to 1 hour, 10 minutes. Let cool in pan on a wire rack 15 minutes, then transfer directly to rack and let cool completely. Banana bread is best served the day it's baked, but can be tightly wrapped in parchment-lined foil and stored at room temperature up to 2 days.

ACTIVE TIME: 15 MIN. | **TOTAL TIME:** 1 HR. 25 MIN., PLUS COOLING | **MAKES:** 1 LOAF

Sourdough Chocolate-Chip Cookies

The longer this dough sits, the stronger the sourdough flavor will be. You can refrigerate it for up to three days.

- **2½ sticks unsalted butter**
- **2 cups packed light-brown sugar**
- **½ teaspoon baking soda**
- **¾ teaspoon fine sea salt**
- **3 large egg yolks, room temperature**
- **2 teaspoons pure vanilla extract**
- **¾ cup sourdough discard (see Sourdough Starter recipe, page 99)**
- **2½ cups unbleached organic all-purpose flour**
- **10 ounces semisweet chocolate, coarsely chopped, or chocolate chips**

1. Heat butter in a saucepan over medium until it simmers and foam rises to surface. Continue cooking until solids sink to bottom and turn golden brown, 5 to 8 minutes. Pour into a mixing bowl, scraping in browned solids as well. Let cool 30 minutes.

2. Beat butter with sugar, baking soda, and salt on medium speed until well combined, about 2 minutes. Add egg yolks and vanilla and continue beating another 1 minute. Beat in sourdough discard until combined. Add flour; beat to combine. Add chocolate; beat to combine. Let stand 30 minutes.

3. Preheat oven to 350°. Use a 2-ounce scoop to form ¼-cup balls of dough; arrange on parchment-lined baking sheets, spaced 2 inches apart. (Formed balls can be refrigerated in an airtight container up to 24 hours, or frozen up to 1 month; if making from frozen, add about 2 minutes to baking time.)

4. Bake 9 minutes. Remove sheets from oven and bang on a hard surface or oven rack. Bake 3 minutes more; remove and bang again. Bake until browning at edges and just set in center, 3 to 5 minutes more. Let cool on sheets on a wire rack 5 minutes, then transfer directly to rack and let cool completely (or serve warm). Cookies can be stored in an airtight container at room temperature up to 3 days.

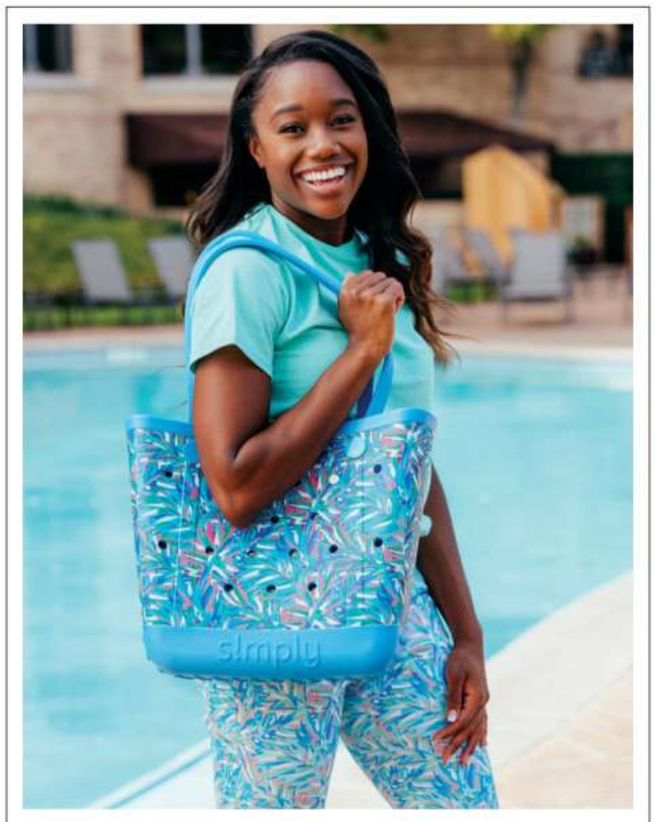
ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 1 HR. 45 MIN., PLUS COOLING | **MAKES:** ABOUT 20

$25,000 SWEEPS CONTEST DETAILS
NO PURCHASE NECESSARY TO ENTER OR WIN.
Subject to Official Rules available online at *www.marthastewart.com/25kspring*. The $25,000 Sweepstakes begins at 12:01 a.m. ET on 1/1/21 and ends at 11:59 p.m. ET on 6/30/21. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Void where prohibited. Sponsor: Meredith Corporation. Sweepstakes is offered by Meredith Corporation and may be promoted by any of Meredith's publications in various creative executions online and in print and at additional URLs at any time during the sweepstakes.

WIN THIS CONTEST DETAILS
MARTHA STEWART DAILY Official Rules
NO PURCHASE NECESSARY TO ENTER OR WIN. Subject to Official Rules available at *win.marthastewart.com* online. There will be one Daily Giveaway Sweepstakes per day. Entries for each daily sweepstakes must be received by 11:59 p.m., E.T. each day. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per email address per day. Online entry only. Void where prohibited. Sponsor: Meredith Corporation.

MARTHA STEWART LIVING
(ISSN 1057-5251) is published monthly except combined in January/February and July/August by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. POSTMASTER: Send all UAA to CFS. (See DMM 507.1.5.2); NONPOSTAL AND MILITARY FACILITIES: Send address changes to Martha Stewart Living, P.O. Box 37508, Boone, IA 50037-0508. (Canada Post Publications Mail Agreement No. 40021219, GST #89311617BRT.)

Reproduction in whole or in part without permission is prohibited. Martha Stewart Living is a member of the Alliance for Audited Media. SUBSCRIBERS: If the postal authorities alert us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within two years. Your bank may provide updates to the card information we have on file. You may opt out of this service at any time. ALL RIGHTS RESERVED. Occasionally, we make a portion of our mailing list available to carefully selected companies that offer products and services we believe you may enjoy. If you would prefer not to receive these offers and/or information, please send a note along with your address label to Martha Stewart Living, P.O. Box 37508, Boone, IA 50037-0508, or call 800-999-6518 (U.S. and Canada) toll-free. PRINTED IN THE USA.



For affordable, water-resistant bags, look no further than the **Simply Southern® Simply Tote**! Featuring removable handles, holes for charms, a grip-bottom, and a removable inner zipper pouch, this tote is perfect for groceries or a day at the beach.

www.simplysouthern.com

Frankincense & Myrrh®
Foot Care Products

Pain Relief and Hydrating Skin Repair

NEUROPATHY
Rubbing Oil
Our fastest-acting **pain relief** product with **NO side effects.**

SATISFACTION 100% GUARANTEED

INTENSIVE FOOT THERAPY
Lotion
***NEW* dual action** lotion for **pain relief** and hydrating **skin repair.**

Manufacturers Coupon | Expires 12/31/2021

$2 OFF
When you buy ONE (1)
Frankincense & Myrrh
(Find in diabetic care aisle)

***NEW* Intensive Foot Therapy lotion**
(Find at **CVS**)

Retailer: Wise Consumer Products Co. will reimburse you for the face value of this coupon plus $0.08 handling provided you and the consumer have complied with the terms of this offer. Invoices proving purchase of sufficient stock to cover presented coupons must be shown upon request. Any other application may constitute fraud. Coupon void where prohibited, taxed or restricted. Consumer must pay any sales tax Cash value 1/100¢. Reproduction of this coupon is expressly prohibited. Mail to: Dept. Wise CPC, PO Box 42400, Blue Ash, OH 45242.

081543900-200042
MS321

Walmart Save money. Live better. | Walgreens | amazon | CVS | meijer | SPROUTS | INDEPENDENT PHARMACIES

www.frankincensemyrrh.com

Mosaic Puzzles
Beautiful, affordable, wooden jigsaw puzzles. Every piece tells a story. Sure to be fun for the whole family!
Mosaicpuzzles.co/martha
512-703-0831

Nature's Rite
Sleep Apnea Relief enhances respiration to help maintain deep steady breathing. This allows you the undisturbed sleep that you need without CPAP. Use **MARTH25** for **25% off** your entire order.
www.MyNaturesRite.com

Get Rid of Facial Hair Permanently

Hairfree cream works like laser hair removal — in a tube! Wipe-on-wipe-off. Destroys the root - just like a laser! **$10 off + free shipping!** Use Promo Code: **MM7**

Website: **hairfree.tv**

Make Yard Cleanup EASY with

DR® Chipper Shredders!

- CHIP big branches up to 5" thick
- SHRED lighter yard & garden waste
- REDUCE it all to a fraction of its original volume

DRchipper.com

SALE! Plus FREE SHIPPING Limitations apply.

FREE Catalog!
Call Toll-Free
888-213-2106

DR

GOOD FINDS

To advertise, contact Devin at MI Integrated Media, 860-542-5180 or devin@mi-ms.com

Remembering

"I have such fond memories of when this photo was taken. I was learning to bake in our 1805 farmhouse's beehive oven, which was fired with wood. After much trial and error, I successfully made many delicious breads, pizzas, roasts, and even pies in it to share with family and friends."

—Martha

c. 1978

COURTESY OF MARTHA STEWART

High blood pressure + joint pain?

TYLENOL® won't raise blood pressure the way that Advil,®[1] Aleve,®[1] or Motrin®[1] sometimes can.

#1 Doctor Recommended OTC* Pain Relief Brand for those with high blood pressure.

Talk to your doctor if you have any questions.

USE ONLY AS DIRECTED.

1 ALL THIRD-PARTY TRADEMARKS USED HEREIN ARE REGISTERED TRADEMARKS OF THEIR RESPECTIVE OWNERS.
*OVER-THE-COUNTER.
©Johnson & Johnson Consumer Inc. 2020

MILK FROM IRISH GRASS-FED COWS

Kerrygold™

GOOD FOOD
LEADS TO
GREAT MEMORIES

MADE WITH MILK FROM GRASS-FED COWS
THAT GRAZE ON THE LUSH PASTURES OF IRELAND.